

103 e  
4

# THE Second part of *the good Hus-wives* IEWELL.

Where is to be found most apt and  
readiest wayes to distill many whol.  
*some and sweet Waters.*

In which likewise is shewed the best maner  
*in preserving of diuers sorts of Fruits, &  
making of Syrrops.*

With diuers conceits in Cookerie with the  
Booke of Caruing.

AT LONDON  
Printed by E. Allde for Edward  
White, dwelling at the little North  
doore of Paules Church at  
the signe of the Gun.

1597.

# The Table.

<b>T</b> O boyle many bones for dinner. fol. 1	
To boyle a Capon.	Ibidem
How to boyle a capon with oranges.	2
How to boyle Teales, Mallards, pigeons, chynes of porke, or Neates tungenes, all after one sorte,	3
Mutton boyled for supper.	Ibidem
To boyle mutton with Nauons.	4
To boyle a Lambes head with purtenan- nances.	Ibidem
How to stew a capon for dinner.	Ibid.
To boyle a capon in white broth.	5
How to boyle chickens.	Ibidem
To boyle chickens with spinage and Let- tice.	6
To make pears to be boiled in meat.	Ibid
To farse a cabbadge for a banquet dish.	7
To boile a brest of Veale or mutton far- ced.	8
To boile a Mugget of a sheepe.	2
To boile mutton for supper.	Ibidem
To boile a Neats tung for supper.	10
To boyle mallards, teales, and chynes of porke with cabbadge,	Ibidem
For a goose giblots and pigs petitoes.	Ibi. for



*The Table.*

For fricases of a Lambeshead and Purtenance. 11

For fricases of Neats feet for supper. Ibi. 12

A fricase of tripes. Ibidem 13

How to roste a Lambes head. Ibidem 14

How to make a pye in a pot. Ibidem 15

To make allowes to roste or boyle. Ibidem 16

To make red Deere. Ibidem 17

To farse all thinges, Ibidem 18

A Sop of Onyons. Ibidem 19

To make gallantine for flesh or fish. Ibi 20

How to stew Oysters. Ibid. 21

To bake aloes of veale or mutton. Ibi. 22

To bake a cunnie, veale, or mutton. Ibi. 23

How to make fine paste. Ibidem 24

Eor small pyes. Ibidem 25

To make purses or cremitaries, Ibidem 26

How to make a tart of spinage or wheate

leanes, or of coleworts, Ibidem 27

For tartes of creame. Ibidem 28

A tart of proines. Ibidem 29

A tart of Egges. Ibidem 30

A white Leache. Ibidem 31

How to keep Lard in season. Ibidem 32

To make Iombils a hundred. Ibidem 33

To make butterd Egges. Ibidem 34

How to boyle Neats feete. 20

## *The Table.*

How to boile a carpe.	ibidem
How to boile a Pike with Orenge, a banquet dish.	22
How to boyle a Pike another way.	23
How to boile Roches, perches, and Dase with other small fish.	24
How to boile a Pike another way.	ibidem
How to boile a Tench.	ibidem
For Turbet and Cunger.	25
For fresh Salmon.	ibidem
For white pease pottage.	26
To make a caudle of Ore meale.	ibidem
How to dresse a carpe.	27
How to farse Egges.	28
Sallets for fishe daies.	ibidem
Another.	ibidem
Another.	ibidem
Another.	ibidem
Another.	29
Another.	ibidem
Another.	ibidem
Another.	ibidem
Another.	ibidem
Howe to make tartes or balde meares for fishe daies.	ibidem
To make Alloes of freshe Salmon to boyle	or



*The table.*

- or to baka. 31  
A troute baked and minced. ibidem  
How to make a sprede Eagle of a Pullet. 32  
How to make Martris of a Capon, Hen, or  
Pullet. 34  
How to make a Colluce. ibidem  
A made dish of the proportion of an Egge  
for fish daies. 35  
How to still a capon for a sick person. 36  
How to preserue Quinces in Sirrop all the  
yere. 37  
How to conserue Wardens all the yeere in  
Sirrop. 38  
To conserue Cherries, Damascins, or Wheat  
plummes al the yere in the sirrop. ibi.  
To make a paste of Suger, whereof a man  
may make all manner of fruites, and other  
fine thinges with their forme, as Plares,  
Dishes, Cuppes, and such like thynges  
wherewith you may furnish a table. 39  
To confite walnuts. 40  
To make Mellons and Pompons sweet. 41  
To confite Orrenge peeles which may bee  
doone at all times in the yeare, and cheef-  
ly in May, because then the said peeles be  
greatest and thickest. 42  
Howe to purifie and prepare Honny and  
Suger

*The Table.*

sugar for to confite sitrons and al other fruites,	43
How to confite peaches after the Spanish fashion.	Ibidem
A goodly secret for to condite or confite ringes, citrons, and all other fruites in firrope,	45
How to bray golde.	46
How to make a condonack.	Ibidem
How to make confection of mellons or pompions.	47
To still a capon, a great restoritic.	48
How to make good sope.	40
To make Quinces in firrope.	50
For to make conserve of barberries.	51
To make a pudding of a calves chaldron.	
How to boile calves feet.	52
How to stew Veale.	Ibidem
How to boile chickens and mutton after the Dutch maner.	ibidem
How to make a cawdle.	93
How to make a haggasse pudding.	Ibi.
How to make Haggas puddings.	54
How to make Ising puddings.	ibid.
How to seeth muscles.	ibid.
How to make a pudding.	55
How to stew steakes.	ibid.
	To



*The Table.*

To boyle the Lightes of a calfe.	56
How to make a Lenthen haggelle with poched egges.	Ibidem
How to boile onyons.	59
How to boyle citrons.	ibidem
How to bake Lampernes.	57
How to make fried toste of spinage.	ibid.
How to bake a citron pyc.	49
Another way to bake citrons.	ibid.
How to bake alloes.	ibid.
How to bray golde.	60
How to make conferue of Roses, and of other flowers.	ibid.
How to make conferue of cherries, and of other fruites.	ibid.
How to seeth a carpe.	61
How to seeth a pike.	ibid.
How to boyle cockles.	62
How to boile a carpe in green broth with a pudding in his belly.	ibid.
How to make an almond custard.	63
How to make a blanch marget on the fish day.	ibid.
How to bake chickins.	
How to make a pudding in a pot.	ibid.
How to stew steakes.	ibid.
To roste a Pigge,	65

*The table.*

How to roste an Hare.	66
How to make tostes,	ibidem
How to make conserue of Mellons or pom- pons.	ibidem
How to make Sirrope of Violets.	67
How to make Sope.	68
How to preserue Orrenges.	ibidem
The stilling of a capon a great restoritie.	69
To make dry Marmelet of Peaches.	70
How to make the same of Quinces, or any other thing.	71
How to preserue Orrenges, Lemmons, and Pomecitrons.	ibidem
Howe to preserue Quinces all the yeare through, whole and soft.	72

FINIS.





# A Booke of Cookerie.

To boyle mary bones for  
for dinner.



First put your mary bones into  
a faire pot of Water, and let  
them boyle till they bee halfe  
enough, then take out al your  
broath sauing so much as will couer your  
mary bones, then put thereto eight or nine  
carret rootes, and see they be wel scraped  
and washed, and cut inch long or litle lesse  
and a handfull of Parselie and flosop chop-  
ped small, and season it with Salte, Pep-  
per and Saffron. You may boyle Chynes  
and racks of Meale in al points as this is.

To boyle a Capon.

Let your capon be faire scalded and  
short trussed, and put into a fair pot of  
water with a marybone or two, & a racke  
of Button cut together in three or four  
pieces, and let them boyle together tyll  
they be halfe boyled, then take out a ladle  
full or two of the best of the broth, and put  
it into a faire earthen pot. & put thereto  
pinte of white wine or of claret, and cut a  
twelue

twelue or fourteene dates long wayes & a handfull of small raysons, a handfull of tyme, Rosemary and Thyme bound together, and so let these persels boyle by themselves, and when your capon is enough, lay it in a faire platter vpon sops of white bread, and your mutton by him also, then take out the mary from the bones whole, and lay it vpon the capon, then take your made broth & lay it vpon your capon & mutton, and so serue it forth, your latter broth must bee seasoned with cinamon cloues and mace, and salt and mace beaten also.

To boyle a capon with Orenge.

**T**ake your Capon & set him on the fire as befoze with mary bones & mutton, and whē you haue skimmed the pot wel, put thereto the value of a farthing loose, and let it boyle till it be halfe boyled, then take two or thre ladleful of y<sup>e</sup> same broth and put it into an earthen pot, with a pint of the wine aforesaid, and pill six or eight Oringes and slice them thin, and put the into the same broth with foure peniworth in sugar or more, and a handfull of parselley, tyme, and Rosemary together tyed, and season it with whole mace, Cloues & sticks



Abooke of Cookerie. 3

sticks of cinamon with two Nutmeg,  
beaten small and so serue it.

To boile teales, Mallards, pigeons chines  
of porke, or Neates tungen all  
after one sort.

**L**et them be halfe roasted, sticke a few  
cloues in their brestes, then two or  
three tostes of bread being burned black,  
then put them into a litle faire water im-  
mediatly take them out again, and strain  
them with a litle wine and vineger to the  
quantitie of a pinte: put it into an earthen  
pottle, and take eight or ten onions sliced  
small, being fryed in a frying pan with a  
dish of butter, and when they be fryed, put  
the into your broth, then take your meat  
from the spitte and put it into the same  
broth, and so let them boyle together for a  
time, seasoning with salt and pepper.

Mutton boyled for supper.

**F**irst set your mutton on the fire, & scum  
it cleane, then take out all the broth sa-  
uing so much as will couer it, then take  
and put thereto ten or twelue onions pil-  
led, cut them in quarters, with a handfull  
of parseley chopped fine, putting it to the  
mutton, and so let them boile, seasoning it  
with

A booke of Cookerie.

4

with pepper, salt and saffron, with two or  
or three spoonefull of vineger.

To boyle Mutton with Nauons.

**F**irst pill your Nauons, and wash them  
then cut five or sixe of them into peeces  
to the bignes of an inche, and when your  
mutton hath boyled a while take out al the  
licour sauing so much as may couer well  
the mutton, then put the Nauons into the  
pot of mutton with a handfull of parselye,  
chopped fine, and a branche of Rosemary,  
seasoning it with salt pepper and saffron.

To boyle a Lambes head with  
purtenaunces.

**F**irst skimme it well, then take of the  
broth, leauing so much as wil couer it,  
then put to it Parsely and Rosemarye, a  
branch of Sop and time, and a dish of but-  
ter, with Barberries or Gooseberies, then  
let them boile being seasoned with cloues  
Mace, salte, pepper, and saffron, and so  
serue it forth vpon sops.

To stewe a Capon for Dinner.

**T**ake a knuckle of Meale and boill it  
with your capon: putting to it pzoines  
Raysons great and small, whole Mace,  
and let it boile together, scauoning it with  
Salt



5 A booke of Cookerie.

Salt and so serue it forth.

To boyle a capon in white broth.

**T**ake a wel fleshed capon and a mary bone, and a quart of faire water, put them together in an earthen pot, and let them boyle till the Capon be enough, but you must first take away the mary from the bone, and when it hath boyled take the uppermost of the broth & put it into an earthen pottle, and the mary with it. Put to it small raisons, pines, whole mace, dates, and halfe a quartern of suger, fixe spoonefull of verduice, thre oz sower yolkes of Egges, put these all together, and when your Capon is boyled, lay him in a fayre platter: poyze your broth vpon him, and so serue him.

To boyle Chickens.

**B**oyle them as the Lambs head & pottage is boyled, and when you are to serue them, strain thre oz sower yolkes of Egges with bergious, and put it into the pot, and let it boyle no more: after the eggs be put in, season it with salt, pepper, mace and cloues, and so serue them. Thus may you boyle a connye oz Muggets of Meale, as the chickens are boyled.

To

A book of Cookery  
To boile chickens with Spinnage  
and Lettice.

**T**ake a Platter of Spinnage and Lettice, and wash them cleane, and when the pot is skimmed, then put them in with a dish of butter, and a branch of rosemary with a litle vergious, bring seasoned with Salt and ginger beaten.

To make Peares to be boiled  
in meate

**T**ake a peece of a legge of Mutton or Veale raw, being mixed with a litle Sheeps sweet, and halfe a manchet grated fine, taking foure raw egges yolkes and al. Then take a litle Time, & partly chopped smal, then take a few gooseberries or barberries, or greene grapes being whole. Put all these together, being seasoned with Salte, saffron and cloues, beaten and wrought altogether, then make Rowles or Balles like to a pear, and when you haue so done, take the stalk of the sage, and put it into the ends of your peares or balles, then take the freshe broth of beefe, Mutton or veale, being put into an earthen pot, putting the peares or balles in the same broth wyth salt



7 A booke of Cookerie

Salt, cloues, mace and Saffron, and when you be ready to serue him, put two or thre yolkes of eggs into the broth. Let them boile no more after that but serue it forth vpon soppes. You may make balles after the same sorte.

To farse a cabbadge for a banquet dish.

**T**Ake litle rounde cabbage cutting off the stalkes, and by the cabbadge then make a round hole in your cabbadge, as much as will receiue your farling meat, take heed you breake not the brymmes, thereof with your knife, for the hole must be round and deepe, then take the Kidney of a mutton or more, and chop it not smal, Then boile sixe egges hard, taking the yolkes of them being smal chopped & also take rawe egges and a manchet grated fine, then take a handfull of poynes, so many great raysons, seasoning al these with salte, pepper, cloues and Mace, working all these together, and so stufte your Cabbadge. But if you haue Saw- sedge you may put it among your meate at the putting in of your stufte, but you must leaue out both the ends of your saw- sage

lage at the mouth of the cabbadge when you shall scrue it out. In y<sup>e</sup> boyling it must be within the cabbadge, and the cabbadge must be stopped close with his couer in the time of his boyling, and bound fast round about for breaking: the cabbadge must bee sodde in a deepe pot with fresh beefe broth or mutton broth, and no more the will lye vnto the top of the cabbadge, and when it is enough take away the thid, and so set it in a platter, opening the heade & laying out the Sawadge endes, and so serue it forth.

To boyle a breast of Veale or  
Mutton farced.

**T**ake a breast of Veale or Mutton and farce it in like maner as your cabadg is, so that you leaue out the poynes and great raysons, boyle your veale or mutton in the foresaide brothes, putting no more breath then will couer your meat, & when your meate is halfe boyled, then put two handfulls of Lettuce or Spinage, cutting it fower times asunder and no more, and when your meate and hearbes be boyled, then put a little verduice in the broth, seasoning it with salt and pepper, then serue your



## A booke of Cookery.

your meate vpon Soppes, casting your hearbes vpon it, and so serue it.

To boile a Mugget of a sheepe.

**F**irst wash and scone it clean, then perboyle it a litle, then choppe a pce of a Kidney of Mutton small, and put it into a platter, the put the quantity of a farthing lofe grated, with p:unes and raysons of eche a handfull, Parsely and time chopped smal, and thre or foure hard rosted egges being chopped with bread and Suet, then a litle water put to and saffron, and colour it with thre or foure rawe egges, both yolkes and whites, Salt, Pepper, Coues and Mace being minced together, putting it into the Mugget, and so boile it with a litle Mutton broth and Wine, Lettice and spinnage whole in the same broth, and so serue it forth.

To boile Mutton for  
Supper.

**T**ake Carret rootes, and cut them an inch long, take a handfull of parselis and time halfe chopped, and put into the pot the Mutton, and so let them boyle, being seasoned with Salte and pepper, and so serue it forth.

To boile a neates tongue to  
Supper.

**T**Ake a little wine o2 faire water, putting vnchopped Lettuce faire washed into your Neates tongue, with a dishe of Butter o2 tivo, and season it with Salte, Pepper, cloves and Mace, and so serue it.

To boile Mallards, Teales, and chines of porke with Cabbadge.

**F**irst vnlose your Cabbadge, & cut them in thre o2 foure quarters vnlosing euery leafe for doubt of worms to be in them, then wash thē and put them into a pot of faire water, and let them boyle a quarter of an houre, then take them vp, and chop them somewhat great, then put them into a faire pot with the bzoath of the Mallard and whole Pepper, and pepper beaten, with Cloues, mace, and salte, and so let them boile together. &c.

For a Goose gibluts and pigges  
petitofe.

**L**et them be soddē thzoughly, then cut them in péeses and fry thē with butter, and when they be half fried, then put to a little Vineger with Ginger, Sina-  
mon and pepper and so serue it forth: thus  
may



## A booke of Cookerie.

11

maye you vse Calues feete boyled in all pointes as this is.

For fricassies of a lambes head and purtenance.

**T**Ake a Lambes head and cleane it, and cut his purtenaunces in peeces, and perboyle it till it bee almost enough, then take the yolkes of two rawe Egges, and baste your Lambes head and purtenance with it, and frye it in butter for sauce, put to the butter, pepper, Vineger and Salt, frying them together a little on the fire and so serue it.

For fricassies of Neates feete for supper.

**T**Ake your Neates feete & cleane them and baste the with butter and crums of bread, and lay them vpon a Brediozne, till they be throughtie boyled, then take Vineger, pepper, salt and butter, and put the altogeather in a dish, set on a chafing dish of coles boyling, and so let them boyle there til you must serue it, you must put to sauce, barbaries or grapes, &c.

A fricasse of Tripes.

**L**Et them be faire sodden, and sauce the take the leanest and cut it in peeces,  
3 ii. inch

inch broad, frye them with butter o2 flats,  
and your sauce to bee vinegar, pepper and  
mustard, being put a litle while in the fri-  
ing panne with butter o2 flattes.

To rost a lambes head.

**T**Ake the head and purtenaunces being  
cleane washed, cut the purtenaunces in  
pieces, so that it may be b2oached, and rost  
thē basting it with butter, and when it is  
enough, take the yolkes of two rawe eggs,  
with a litle parsely chopped fine, beating  
them together, and baste your Lambes  
head with it, even so long till your egges  
be hardened on, then take it vp, and serue  
it with the sauce of pepper, vinegar and  
butter boyled a litle vpon a Chasingdish  
of coles.

To make a pie in a pot.

**T**Ake the leanest of a Legge of Mutton  
and mince it small, with a peece of the  
kidney of mutton, then put it into an ear,  
then pot, putting therto a ladlefull o2 two  
of mutton b2oth, and a litle wine, of p2oy-  
ner and raisons of ech a handfull, o2 bar-  
beries. Let them boyle together, putting  
to it half an orange, if you haue any, sea-  
soning it with salte, pepper, cloues, mace,  
and



and Saffron and so serue it.

To make allowes to roste or boile.

**T**Ake a Leg of mutton and slice it thin, then take out the kidneys of the mutton hauing it minced small, with Tyme, Parsely, & the yolkes of hard egges, then bind it with crumms of white bread and rawe eggs, and put to it pzoines and great raisons, and soz want of them barberries oz Gooseberries, oz grapes seasoning it with Cloues, mace, pepper Sinamon, ginger & salt. You may make a mugget of a Sheepe as these allowes bee, sauing you must put no mutton into it.

To make red deere.

**T**Ake a legge of beef, and cut out all the sinewes clean, then take a roling pin and all to beate it, then perboile it, and when you haue so doon lard it very thick, then lay it in wine oz Vineger soz two oz three howers, oz a whole night, the take it out & season it with peper, salt cloues and mace, the put it into your past, & so bake it.

To farse all things.

**T**AKE a good handfull of tyme, Tyme, Parsely, and three oz foure yelkes of Egges hard rosted, and choppe them with

With.

herbes

herbs small, then take white bread grated and raw eggs with sweet butter, a few small Raisons, or Barberies, seasoning it with Pepper, Cloues, Mace, Sinamon and Ginger, working it altogether as paste, and the may you stufe with it what you will.

A sop of Onions.

**T**AKE and slice your Onions, & put them in a frying panne with a dish or two of sweete butter, and frie them together, then take a litle faire water and put into it salt and peper, and so frie them together a little more, then boile them in a lyttle Earthen pot, putting to it a lyttle water and sweet butter, &c You may vse Spinnage in like maner.

To make gallantine for flesh  
or fish.

**T**Ake browne bread and burne it black in the toasting of it, the take them and lay them in a litle wine and vinegar, and when they haue soaked a while, the strain them, seasoning it with sinamon, ginger, Pepper and salte, then set it on a chafing dish with coales, and let it boyle till it bee thick, and then serue it in saucers.

To



## To stewe Oyfters.

**T**Ake your oyfters, and put them either in a little skellet ouer the fire, or else in a platter ouer a chaffingdishe of coles, and so let the boile with their licour, sweet butter, vergious, vineger, and pepper, and of the tops of Time a little, till they be enough, and then serue them vpon soppes.

## To bake aloes of Veale or Mutton.

**M**Ake your aloes ready to bake in all points as you boile them, laying vpon them in the paste barberies, Gooseberies or grapes græne, or small Raisons, and put in your Pie a dish of butter, and so set it in the ouen, and when it is baked, then put in a little vergious, and so seethe it in an Ouen again a while, and so serue it forth.

## To bake a Connie, Veale, or Mutton.

**T**Ake a Conny and perboile it almoste enough, then mince the flesh of it verie fine, and take with it three yolkes of hard egges, and mince with it, the lay another Conny in your Pie being perboiled, and your minced meat with it, being seasoned  
with

## A booke of Cookerie.

with Cloues, Mace, Ginger, Saffron  
Pepper & Salt, with two dishes of sweete  
butter mixed with it, lay vpon your Con-  
nis Barberies Gooseberies, or grapes, or  
the smal raisons, and so bake it.

To make fine paste.

**T**ake faire flower and wheate. & the  
yolkes of egges with sweet Butter,  
melted, mixing all these together with  
your hands, til it be brought downe paste, &  
then make your coffins whether it be for  
pyes or tartes, then you may put Saffron  
and suger if you wil haue it a sweet paste,  
having respect to the true seasoning some  
use to put to their paste Beefe or Mutton  
broth, and some Creame.

For small pies.

**T**ake the Mary out of the mary bones  
hole, and cut it in the bignes of a bean  
season your mary with Ginger, Suger,  
and Sinamon, then put them in fine paste  
and frye them in a frying panne with the  
skimming of fresh beefe broth, or else you  
may bake them in your oven a litle while  
take heed they burne not, and when you  
do serue them in a faire dish, cast blaunch  
pouder vpon them.

To



To make purses or cremi-  
taries.

**T**Ake a little Marow, small raisons, & Dates, let the stones be taken away, these being beaten together in a Morter, season it with Ginger, Cinamon and sugar, then put it in fine paste, & bake them or frye them, so done in the serving of them cast blaunch powder vpon them.

To make a tarte of Spinnage or of wheate  
leaues or of colewortes

**T**Ake three handfull of Spinnage, boile it in faire water, when it is boyled, put away the water from it and put the spin-  
nage in a stone mortar, grind it smal with two dishes of butter melted, and foure rawe egges all to beaten, then straine it and season it with sugar, Cinamon and ginger, and lay it in your Coffin, when it is hardened in the oven, then bake it, and when it is enough, serue it vpon a faire dish, and cast vpon it Sugar and Biskets  
For tartes of creame.

**T**Ake a pinte of creame with sixe rawe egges, and boile them together, and stirre it well that it burne not, then let it boile till it be thicke, then take it out of the  
pot

pot, and put to two dishes of Butter melted, and when it is somewhat colde, then straine it and season it with Sugar, then put it into your paste, when your paste is hardned, and when it is enough, the serue it with Sugar cast vpon it. If you will haue a Tart of two colours, then take the halfe of it, wher it is in Creame, and colour the other halfe with saffron or yolks of egges.

A tart of proines.

**M**ake your Coffine two inches deepe round about, the take ten or twelue good apples, pare them and slice them, and put them into the Paste with two dishes of butter among the apples, then couer your tarte close with the Paste, and breake a dishe of butter in peeces, and lay it vpon the couer because of burning in the Panne. And when the apples be tender, take it forth and cut of the couer, & beate the apples together till they be softe, and they be dry put the more butter into them and so season them with Cinamon, Ginger and Sugar, then must you cut your couer after the fashion, leauing it vpon your Tarts, serue it with blaunch powder.



a tart of egges.

**T**Ake twelue Egges and butter them together, then straine them with rose water, season it with Sugar, then put it into your paste, and so bake it and serue it with sager vpon it.

a white leach.

**T**Ake a quart of newe milke, and thre ounces weight of I singlasse, halfe a pounce of beaten sugar, and stirre them together, and let it boile half a quarter of an hower till it be thicke, stirring them all the while: then straine it with thre spoonfull of Rose water, the put it into a platter and let it coole, and cut it in squares. Lay it faire in dishes, and lay golde vpon it.

To keepe lard in season.

**C**ut your lard in faire peeces, and salt it well with white salte, euery peece with your hand, and lay it in a close vessel then take faire running water, and much white salt in it, to make it bryne, the boile it untill it beare an Egge, then put it into your Lard and keepe it close.

To make Iombils a hundred.

**T**Ake twenty Egges and put them into a pot both the yolkes & the white, beat them

them wel, then take a pound of beaten sugar and put to them, and stirre them wel together, then put to it a quarter of a peck of flower, and make a hard paste thereof, and then with Anniseede moule it well, and make it in little rowles beeing long, and tye them in knots, and wet the ends in Rosewater, then put them into a pan of seething water, but euen in one waum, then take them out with a Skimmer and lay them in a cloth to drie, this being done lay them in a tart panne, the bottome beeing oyled, then put them into a temperat Duenn for one howre, turning then often in the Duenn.

To make buttered Egges.

**T**ake eight yolkes of egges, and put them into a pint of creame, beat them together and straine them into a possenet all, setting vpon the fire and stirring it, & let it seeth vntil it quaille, then take it and put it into a clean cloth, and let it hang so that the Meye may auoide from it, and when it is gone beate it into a dishe of rosewater and sugar, with a spoon, and so shall you haue fine butter. This done, you may take the white of the same eggs putting



ting it into another pint of Cream, vsing it as the yolkes were vsed, and thus you may haue as fine white butter as you haue yellow butter.

To boyle Neates feete.

**T**Ake your Neats feete out of the sauce and wash the in faire water, then put them into your matton broth, and take five or sixe onions chopped not small, then take a quantitie of tyme, Parsely and Fennel chopped fine: boyle altogether, and when it is half boyled and more, then add two of butter, and put to it, then season it with pepper, salt and saffron, with five or sixe spoonefulls of vinegar, and so serue it vpon soppes.

To boyle a Carpe.

**T**Ake out the gall, cast it away, and so scalde not your Carpe nor yet washe him, & when you doo kill him let his blood fall into a Platter, & splet your carpe into the same blood, and cast thercon a laddleful of vinegar, then tolle three or fouer toiles of browne bread and burne it blacke, and put them into a little faire water, and then immediatly straine them into the liqueur where your carp shalbe sodden with three

o2 fower Onions chopped somewhat big,  
with parsely chopped small, then set your  
broth vpon the fire, and when it begins to  
boyle, put to your Carpe two o2 three di-  
shes of butter, and a branch of rosemarie  
slipped, and flippes of time, and if it be too  
thick, put to it a little Wine, and so let it  
boyle faire and softlye, seasoning it with  
whole mace, cloues and salt, and pepper,  
cloues and mace beaten, and so serue it.

To boile a pike with oranges a ban-  
quet dish.

**T**Ake your pike, split him, and seeth him  
alone with water, butter, & salt, then  
take an earthen pot and put into it a pint  
of water, and another of Wine, with two  
Oranges o2 two Lemmons if you haue  
them: if not, then take foure o2 fve Orin-  
ges, the rines being cut away, and flyced,  
and so put to the licour, with fixe Dates  
cut long wayes, and season your broth  
with Ginger, pepper and salte, and two  
dishes offweete butter, boyling these to-  
gether, and when you will serue him, lay  
your pike vpon soppes, casting your broth  
vpon it, you must remember that you cut  
of your pikes head hard by the body & the  
his



his body to be spletted, cutting euery side in two or thre partes, and when he is enough, setting the body of the fish in order: then take his beade & set it at the foremost part of the dish, standing vp right with an Orenge in his mouth, and so serue him.

To boile a pike another.  
way.

TAke your Pike and pull out all his guttes, and do not splette your Pike, but cut of his head whole, and cut his body in thre or foure peeces, and so let him be boyled in wine, Water, and Salte, to the quantitie of a pottell, then take a pinte of wine, and a lablefull or two of the Pikes broth and put these together into an earthen pot, with two dishes of butter, and thre or foure Orenge sliced, small Raisons and suger, Lime and rosemary, clipped, and then put in the effect of the Pike in the same broth, and so let them boile together and when you be ready to serue, lay your Pike vpon soppes, and put your broth vpon it, seasoning it with whole cinnamon and mace, and a Nutmeg beaten, and so serue it forth.

To

A booke of Cookerie.

To boile Roche, Perche and Dase,  
with other small fish.

**T**Ake faire water & put to it parsely  
Time & Rosemary clipped, and so  
let it boyle a good while together,  
then take a dish or two of butter, putting  
to the same broth and your fish, and so let  
it boyle together, seasoning it with cloues  
mace pepper and salte, and so serue them  
vpon soppes.

To boile a Pike another  
way..

**T**Ake and splet your Pike through the  
back, and take out the refeit, so done,  
put your Pike into a pan of water with  
Rosemary, let it seeth till it be boiled, then  
take your refeit with a litle wine & ver-  
dunce with two dishes of butter, put these  
in a platter, setting it on a chafingdishe of  
Coles, and there let it boile, seasoning it  
with whole mace, this done, take vp your  
Pike, laying him vpon sops in a platter,  
then take your refeit and his broth and  
cast vpon it, and so serue it forth with salt.

To boile a Tench.

**S**eech your Tench with a litle water &  
a good Deale of vineger, whē it is sodden  
lay



2) The Booke of Cookerie

lay it in a faire dish, take out all the bones and put a litle Saffron in your broth with a litle salte, and put the same broth vpon your tench, and cast a litle fine pepper vpon it while it is hot, and so let your tench stand til it be on a gelly, and when you do serue it, take an Onion & Parsely chopped fine, and cast it vpon your Tench, and so serue it.

For Turbot and Cunger.

**S**etth them in faire water and salt, and let them boile till they be enough, then take them from the fire and let them cole then vse them in the seasoning as the salmon hereafter following.

For fresh Salmon.

**T**AKE your Salmon and boile him in faire water, rosemary and time, and in the seething put a quart of strong Ale to it, and so let it boile till it be enough, then take it from the fire, and let it cole, then take your Salmon out of the pan, and put it into an earthen pan or wooden boule, and there put so much broth as will couer him, put into the same broth a good deale of vinegar, so that it be tart with it.

**C**

For

For White pease pottage.

**T**Ake a quart of white Pease or more  
 & seeth them in faire water close, vn-  
 till they doe cast their huskes, the which  
 cast away, as long as any wil come vp to  
 the topp, and when they be gon, then put  
 into the pease two dishes of butter, and a  
 little bergious, with pepper and salt, and  
 a little fine powder of March, and so let it  
 stand till you will occupy it, and the serue  
 it vpon sops. You may see the Porpose and  
 Seale in your Pease, seruing it forth two  
 peeces in a dish.

To bake porpose or Seale.

**T**Ake your porpose or Seale, and per-  
 boile it, seasoning it with Pepper and  
 Salt, and so bake it, you must take of the  
 Skinne when you doe bake it and then  
 serue it forth with Gallentine in sawcers

To make a cawdle of Ore meale.

**T**Ake two handfull or more of great ste-  
 meale, and beat it in a Stone Morter  
 wel, then put it into a quart of ale, and set  
 it on the fire, and stirre it, season it with  
 Cloues, mace, and Sugar beaten, and let  
 it boile til it be enough, then serue it forth  
 vpon Soppes.

To



## To dresse a carpe.

**T**ake your carpe and scale it, and splee it, and cut off his heade, & take out all the bones from him cleane, then take the fish and mince it fine, being raw, with the yolkes of foure or fve hard egges minced with it, so come put it into an earthen pot, with two dishes of butter & a pint of whit wine, a handfull of pzoynes, two yolks of hard egges cut in foure quarters, and season it with one nutmeg not small beaten, Salt, Sinamon and Ginger, and in the boyling of it you must stirre it that it burne not to the pot bottome, and when it is enough then take your minced meat, & lay it in the dish, making the proportion of the body, setting his head at the vpper end and his taile at the lower end, which head and taile must be sodden by themselves in a vessell with water and salt.

You may vse a Pike thus in al points, so that you do not take the pzoines, but for them take Dates and small raisons. and when you haue seasoned it as your Carpe is, and when you do serue it put the resect into the pikes mouth gaping, and so serue it forth.

## To farse Egges.

**T**Ake eight or ten eggs and boyle them hard, pill of the shelles, and cutte every eg in the middle then take out the yolkes and make your farling stuffe as you do for flesh, saving only you must put butter into it insteede of suet, and that a little so doon fill your Egges where the yolkes were, and then binde them and seeth them a little, and so serue them to the table.

Sallets for fish daies.

**F**irst a sallet of green fine hearbs, putting Perriwincles among them with oyle and vineger.

an other.

**O**lives and Capers in one dish, with vineger and oyle.

an other.

**V**ite Endive in a dish with perriwincles vpon it, and oyle and vineger.

an other.

**C**arret rootes being minced, and then made in the dish, after the proportion of a Flowerdeluce, then pickt Shrimps and lay vpon it with oyle and vineger.

an



Another.

**O**ptions in flakes laid round about the  
diffe, with minced carrets laid in the  
middle of the dish, with boyled Hippes in  
fine partes like an Oken lease, made and  
garnished with sawney long cut with oile  
and vineger.

another.

**A**lexander buds cut long waies, gar-  
nished with welkes.

another.

**S**kirret rootes cut long waies in a dish  
with sawney long cutte, vineger and  
Dyle.

another.

**S**Almon cut long waies, with slices of  
onions laid vpon it, and vpon that to  
cast violets, oyle and vineger.

another.

**T**Ake pickeeld herring cut long waies  
and lay them in rundles with onions  
and parsely chopped, and other herringes  
the bones being taken out to bee chopped  
together and laide in the rundles with a  
long peece laide betwixt the rundles like  
the proportion of a snake, garnished with  
Sawney long cut, with vineger and oile.

another

**T**ake pickelde Herrings and cut them long waies, and so lay them in a dish, and serue them with oyle and vineger.

To make tattes or balde meates for fish daies.

**T**ake your dish and annoint the bottom well with butter, the make a fine past to the bredth of the dish, and lay it on the same dish vpon the butter, then take Beetes, Spinage, and Cabbages, or white Lettice, cutting them fine in long pæces, then take the yolkes of viii. rawe egges, and six yolkes of hard Egges, with small Raisons and a little Cheese fine scraped, and grated bread, and three or four dishes of Butter melted and clarified, and when you haue wrought it together, season it with Sugar, Cinamon, Ginger and salt, then lay it vpon your fine past spreading it abroad, then the couer of fine paste being cut with prettie work, then set it in your ouen, bake it with your dish vnder it and when it is enough, the at the seruing of it you must newe paste the couer with Butter, and so scrape sugar vpon it, and then serue it forth.

To



## The Booke of Cookerie

25

To make alloes of fresh Salmon to  
boile or to bake.

**T**Ake your Salmon and cut him small  
in peeces of the fingers breadth, and  
when you haue cut so many slices as you  
will haue, let them be of the length of a  
womans hand, then take moze of the sal-  
mon, as much as you thinke good, & mince  
it rawe with sixe yolkes of hard Egges  
very fine, and then two or thre dishes of  
Butter with small raisons, and so worke  
them together with cloues, Mace, Pep-  
per, and Salt, then lay your minced meat  
in your sliced Aloes, euey one being rol-  
led and pycked with a feather, fall closed,  
then put your aloes, into an Earthen pot,  
and put to it a pinte of water, and another  
pint of Claret wine, and so let them boile  
til they be enough, & afterwarde take the  
yolkes of thre rawe egges with a litle  
bergious, being strained together, and so  
put into the pot, then let your aloes seeth  
no moze afterwarde, but serue them vpon  
Soppes of bzead.

A Troute baked or minced.

**T**Ake a Troute and seeth him, the take  
out all the bones, then mince it verie  
fine

fine with thre or foure Dates minced with it, seasoning it with Ginger, and Cinamon, and a quantitie of Sugar and Butter, put all these together, working them fast, the take your fine paste, and cut it in thre corner waies in a small bignesse, of foure or fve coffins in a dish, the lay your stufte in them, close them, and so bake the and in the seruing of the vasse the couers with a little butter, and then cast a little blaunch powder on them, and so sarue it forth.

To make a splende Eagle of a pullet.

**T**ake a good pullet and cut his throate hard by the head, and make it but a little hole, then scalde him cleane, and take out of the small hole his crop, so done, take a quill and blowe into the same hole, for to make the skinne to rise from the fleshe, then break the wing bones, and the bones hard by the knee, then cut the necke hard by the body within the skinne, then cut off the romp within the skinne, leauing the bones at the legges, and also y head on, so drawing the whole body out within the skinne of the hole, the bones to be laid beneath



neath towarde the clawes, and the feete being left also on, you must cut of his bill: When you haue taken out all these bones, and brought it to the purpose, then take the fleshe of the same pullet, & perboile it a little, and mince it fine with Sheeps Suet, grated bread, three yolkes of harde Egges, then binde it with foure rawe Egges, and a fewe Barberies, working these together, season it with Clones, Mace, Ginger, Pepper and salt, and saffron, then stuffe your pullets skinne with it, putting it in at the hole at the head, and when you haue stuffed him, take him and lay him flat in a platter, and make it after the proportion of an Eagle in euery part, hauing his head to be cleft a sunder, and laide in two partes like an Eagles head thus done, then must you put him into the Oven, leauing in the platter a dish of butter vnderneath him, another vpon him, because of burning, and whē it is enough then set it forth, casting vpon him in the seruice blaunch powder, Sinamon Ginger, and Sugar.

To make Mortirs of a Capon, Hen,  
or pullet,

**T**Ake a well fleshed Capon, Henne, or pullet, scalde and dresse him, then put him into a pot of faire water, and ther let it seeth til it be tender, then take it and pul all the flesh from his bones, and beat it in a stone mortar, and when you thinke it halfe beaten, put some of the same licour into it, and then beate it til it be fine, then take it out and straine it with a litle rose water out of a strainer into a dishe, then take it and set it on a chafingdish of coles, with a litle Sugar put to it, and so stirre it with your knife, & lay it in a faire dishe in thre long lowes, the take blanch powder made of Sinamon and Sugar, and cast vpon it, and so serue it forth.

To make a colluce.

**T**Ake all the bones and legges of the aforesaid Capon, Henne or pullet, and beat them fine in a stone Mortar, putting to it halfe a pinte or more of the same licour that it was sodden in, then straine it, and put to it a litle Sugar, then put it into a stone Crewes, and so drinke it warm first and last.



A made dish of the proportion of an  
Egge for flesh daies.

**M**Ake in all your things, your farling  
stufte as you do for your Cabbadge,  
euen so much as will fill a Bladder. First  
take a drie bladder & wash it cleane, that  
is of a Calfe or of a Stere, and cut a little  
hole in the toppe, and then put in all your  
farleing stufte, and when you haue filled  
it then close the bladder toppe, binding it  
with a threede, and then put it into freshe  
Beefe broth, or Mutton broth, and there  
let it seeth till it be enough, then take it  
out, and let it stand still til it be somewhat  
stiffe, then cut away the bladder from it,  
and take another drie bladder, and washe  
it clean: let it be bigger somewhat then the  
other was before, and cut it broad at the  
toppe, wherby your farling stufte may in  
the hole goe, and when it is in then so ma-  
ny whites of Egges being rawe as may  
run round about him both above and be-  
neath, within the bladder cleane couered  
with it, then bind vp your bladder mouth  
and put into your broth againe the Blad-  
der, and there let it seeth till the white be  
hardened about the farling, then take it  
cut

out and cut away the bladder, then set it in a faire dish, laying the parsellie vpon it, and so serue it forth.

Thus may you make small Egges to the number of sixe or eight in a dish in like maner, hauing a bladder for the same purpose.

To still a Capon for a sicke person.

**T**Ake a well fleshed capon faire scalded and drest, and put him into an earthen pot, put to it Burrage and Buglas, three handfull of mints, one handfull of Hartes tung, and Langdebeefe, a handfull of Asope, put thereto a pinte of Clarret wine, and a pinte of cleane water, and twelue Pzognes, and when you haue so doon couer the pot with a dish or saucer, and vpon that all to couer course paste that no aire come out, then take the pot and hang in a Brasse pot vp to y<sup>e</sup> brimmes of your paste, and so let it boile for twelue houres at the least, & alwaies as your water that is in the brasce pot doth consume, be sure to haue in readines another pot of hotte water at the fire to fill it as long as it doth seeth for the twelue houers, and when the houers be past take it from the fire, and let it cole



for one halwer, then vnloose and straine the licour from the capon into a faire pot, taking euery morning warme foure or fve spoonefuls next to your hart, which shall comfort and restoze nature to you beeyng sicke, vsing this aforesaide capon.

To preserue Quinces in sirrop all the yeere.

**T**Ake thzee pound of quinces being pared and cozed, two pounde of Sugar and thzee quarts of faire running water, put all these togeather in an earthen pan, and let them boyle with a soft fire, & when they be skimmed, couer them close that no ayze maye come out from them, you must put cloues and Sinamon to it after it is skimmed, of quantitie as you will haue them to taste, if you wil know when they be boyled enough, hang a linnen cloth between the couer and the pan so that a good deale of it may hang in the licour, & when the cloth is very red they be boyled enough let them stand till they be colde, then put them in Galley pots sirroppe, and so wil they keepe a yeere.

To

To conserue wardens all the yeere in  
sirrop.

**T**Ake your wardens and put them into  
a great Earthen pot, and couer them  
close, set them in an Duen when you haue  
set in your white bread, & when you haue  
drawne your white bread, and your pot, &  
that they be so colde that you may handle  
them, then pill the thin skinned from them  
ouer a pewter dish, that you may saue all  
the sirroppe that falleth from them: put to  
them a quarte of the same sirroppe, and a  
pinte of Rosewater, and boile them toge-  
ther with a fewe Cloues and Sinnamon,  
and when it is reasonable thick and cold,  
put your wardens and Sirroppe into a  
Galley pot, and see alwaies that the Sy-  
rop bee aboue the Wardens, or any other  
thing that you conserue.

To conserue cherries, Damascins or wheat  
plummes all the yeere in the  
sirrop.

**F**irst take faire water, so much as you  
shall think meete and one pound of su-  
ger, and put them both into a faire bason,  
and set the same ouer a soft fire, till the su-  
ger be melted, then put thereto one pound  
and



## A booke of Cookerie.

and an halfe of chirries, or Damsons, and let them boile till they breake, then coner them close til they be colde, then put them in your gally pottes, and so keep them: this wise keeping proportion in weight of Sugar and fruite, you may conserue as much as you list putting therto Cinamon and cloues, as is aforesaid.

To make a paste of Sugar, whereof a man may make al manner of fruits, and other fine things with their forme, as Plates, Dishes, Cuppes and such like things, wherewith you may furnish a Table.

**T**ake Gumme and Dragant as much as you wil, and steep it in Rosewater til it be mollified, and for foure ounces of sugar take of it the bignes of a beane, the iuyce of Lemons, a walnut shet ful, and a little of the white of an eg. But you must first take the gumme, and beat it so much with a pestell in a brasen mortar, till it be come like water, then put to it the iuyce with the white of an egge, incorporating al these wel together, this don take foure ounces of fine white sugar well beaten to powder, and cast it into y mortar by a litle  
and

and little, vntil they be turned into y<sup>e</sup> form of paste, the take it out of the said morter, and bray it vpon the powder of suger, as if it were meale or flower, vntill it be like soft paste, to the end you may turn it, and fashion it which way you wil. When you haue brought your paste to this fourme spread it abroad vpon great or smal leaues as you shall thinke it good, and so that you form or make what things you wil, as is aforesaid, with such fine knackes as may serue a Table taking heede there stand no hotte thing nigh it. At the ende of the Banket they may eat all, and bzeake the Platters Dishes, Glasses, Cuppes, and all other things, for this paste is very delicate and sauerous. If you will make a thing of more finenesse then this: make a Tarte of Almondes stamped with suger and Rose water of like sorte that Marchpaines be made of, this shall you laye between two pastes of such vessels or fruits or some other things as you thinke good.

To confite walnuts

Take them greene and small in huske, and make in them foure litle holes, or more, then steepe them in water eleuen  
 vsies



daies, make them cleane and boile them as y<sup>e</sup> Dzeniges heerafter w<sup>r</sup>itten, but they must seethe foure times as much. Dresse them likewise with Spices, sauing you must put in very fewe Cloues, least they taste bitter. In like sorte you may dresse Goozds, cutting them in long peeces, and paring away the inner partes.

To make Mellons and Pompons  
sweet.

TAke fine Sugar and dissolve it in water, then take seedes of Mellons and cleane the a litle on the side that sticketh to the Mellon, and put them in the sugred water, adding to them a litle rosewater. Leane the saide seedes so by the space of three or foure houres, then take them out, and you shall see that as soone as the saide seedes be dry, it wil close vp again. Plant it and there will come of it such Mellons, as the like hath not been seene. If you wil haue them to giue the saour of Muske : put in the said water a litle muske, and fine Sinamon, and thus you may doo the seedes of Pompones, and Cucumbers.

To confite Orenge pceles which may be doone at all times in the yeere, and cheefly in May, because then the saide pceles be greatest and thickest.

**T**Ake thicke Orenge pceles, and them cut in foure or fve pces, and steepe them in water the space of ten or twelue daies. You may know when they be steeped enough, if you holde them vp in the sunne and see thzough them, then they be steeped enough, & you cannot see thzough them, then let them steepe until you may. Then lay them to drye vpon a table, and put them to dry between two linnen clothes, then put them in a Kettell or be still leaded, and adde to it as much Honny as will halfe couer the saide pceles, more or lesse as you think good, boyle them a little and stirre them alwaies, then take them from the fire, least the Honny should seeth ouermuch. For if it should boyle a little more then it ought to boyle, it would be thicke. Let it the stand and rest foure daies in the said Honny, stirring and mingling the Orenge and Honny euery day together. Because there is not honny enough to couer all the saide Orenge pces, you must



must stir them well and oftentimes, thus  
 doo thre times, giuing them one batling  
 at ech time, then let the stand thre dayes  
 then strain them from the honny, and af-  
 ter you haue let them boile a small space,  
 take them from the fier, and bestow them  
 in vessels, putting to them Ginger, cloues  
 and Sinamon, mire all together, and the  
 rest of the Sirrope will serue to vze of  
 others withall.

How to purifie and prepare Honnye  
 and Sugar for to confite citrons  
 and all other  
 fruites.

**T**ake euery time ten pound of honny, the  
 white of twelue new laid egges, and  
 take away the froth of them, beate them  
 wel together with a stick, and six glasses  
 of fair fresh water, then put them into the  
 honny, and boyle them in a pot with mo-  
 derate fire the space of a quarter of an ho-  
 ur or lesse, then take them from the fire  
 skimming them well.

To confite Peaches after the Spanish  
 fashion.

**T**ake great and faire Peaches and pill  
 them clean, cut them in peeces and so

lay them vpon a table abroad in the Sun the space of two daies, turning them euery morning and night, & put the hot into a Inlep of Sugar wel sodden, and prepared as is aforesaid, and after you haue taken them out set them againe in the Sun turning them often vntill they bee well dried, this doon, put them againe into the Inlep, then set them in the sun vntill they haue gotten a faire bark or crust, and the you may keepe them in boxes for winter. a goodlye secret for to condite or confite Orenge, citrons, and all other fruites in sirrop.

**T**Ake Cytrons and cut them in peeces, taking out of them the iuice or substance, then boyle them in freshe water halfe an hower vntill they be tender, and when you take them out, cast the in colde water, leaue them there a good while, the set them on the fire againe in other freshe water, doo but heat it a little with a smal fire, for it must not seeth, but let it simmer a litle, continue thus eight daies together heating the euery day in hot water: some heat the water but one day, to the end that the citrons be not too tender, but change the



the freshe water at night to take out the bitternesse of the pilles, the which being taken away, you must take suger or Honie clarified, wherein you must the citrons put, hauing first wel dried them from the water, & in winter you must keepe the from the frost, & in Sommer you shall leaue the there all night, and a daye and a night in Honie, then boile the Honie or Sugar by it selfe without the ozenges or Citrons by the space of halfe an hower or lesse with a little fire, and being colde set it again to the fire with the Citrons, continuing so two morninges: if you wil put Honie in water and not suger, you must clarifie it two times, and straine it thzough a strainer: hauing thus warmed and clarified it you shall straine and sette it againe to the fire, with Citrons onely, making them to boyle with a soft fire the space of a quarter of an houre, the take it from the fire & let it rest at euery time you do it, a day & a night: the next morning you shall boyle it again together the space of half an hower, and doo so two morninges, to the end that the Honie or suger may be well incorporated with the Citrons. All the cun-

ning consisteth in the boyling of this sir-  
rope together with the Citrons, and also  
the Sirrope by it selfe, and heerein heede  
must be taken that it take not y smoke, so  
that it sauer not of the fire: In this ma-  
ner may be dyest the Peaches, or Lem-  
mons, Orrenge, Apples, greene Mal-  
nuts, and other like being boyled more or  
lesse, according to the nature of the fruits.

To bray golde.

Take Golde leaues, fower drops of ho-  
ny mixe it wel together, and put it in  
to a glasse, and when you will occupie it,  
steep and temper it in gumme water and  
it will be good.

To make a condonack.

Take Quinces and pare the, take out  
the cozes, and seeth them in fair water  
vntil they break, the strain them through  
a fine strainer, and for eight pound of the  
said strained quinces, you must put in 3.  
pound of Sugar, and mingle it together  
in a vessel, and boile them on the fire al-  
waies stirring it vntil it be sodden, which  
you may perceiue, for that it will no lon-  
ger cleaue to the vessel, but you may stāp  
muske in powder, you may also ad spice  
to



to it, as Ginger, Cinamon, Cloues, and Nutmegges, as much as you think meet, boyling the muske with a litle Vineger, then with a broad slice of wood spread of this confection vpon a table, which must be first strewed with Sugar, and there make what proportion you wil, and set it in the sunne vntill it be drye, and when it hath stood a while turn it vpsidown, making alwaies a bed of Sugar, both vnder and aboue, and turne them still, and drye them in the sunne vntill they haue gotten a crust. In like maner you may dresse Peares, Peaches, Damasks, and other fruites.

To make confections of Mellons or Pompones.

**T**ake what quantity of Mellons you think best, and take them before they be ripe, but let the be good, and make as many cuts in the as they be marked with quarters on euery side, and hauing mundified them and taken out the cores and curnels, and peeled the vtter rinde, steepe them in good Vineger, and leauing them so the space of ten daies, & when you haue taken them out, take other vineger and

steape them a new againe other ten daies  
remouing and stirring them euery daye,  
then when time shal betake them out, and  
put them in a course linnen cloth, drying  
and wiping them, and set the in the ayre,  
the space of a day and a night, then boyle  
them in Hony, and by the space of x. daies  
giue them euery day a little boyling, lea-  
uing them alwaies in the Hony, and they  
must boile at euery boilling but one walne  
then take the peeces and put the in a pot  
with powder of cloues, Ginger and Nut-  
megges, and peeces of Sinnamon, thus  
done, make one bed of the peeces of Mel-  
lons, and another of the spices, and then  
powre white Honnie vpon all in the said  
pots or vessels.

The stilling of a capon a great  
restorative.

Take a yong Capon that is well fleshed  
and not fat, & a knuckle of yong Weale  
that is sucking, and let not fat be vpon it,  
and all to back it bones and all, and flea  
the capon cleane the skin from the fleshe,  
and quarter it in four quarters, and all  
to burst it bones and al, and put the Weale  
and it altogether in an earthen pot, and  
put



put to it a pinte of Red wine, and eight spoonfulls of rose water, and halfe a pound of small raisins and Currants, and soure Dates quartered, and a handfull of Rosemary flowers, and a handfull of Burrage flowers, and twenty or thirtie whole maces, and take and couer the pot close with a couer, and take paste and put about the pots mouth that no ayre come forth, and set it within a brasse pot full of water on the fire, and let it boile there eight houres and then take the lable and bruse it altogether within the pot, and put it in a faire strainer, and straine it thzough with the Lable, and let no fat be vpon the broth, but that it may be blowne or els taken with a feather, and euery daye next your hart drinke halfe a dozen spoonfulls thereof, with a Cake of Manus christi, and againe at foure of the clocke in the afternoone.

To make good sope.

First you must take halfe a strike of ashen Ashes, and a quarte of Lime, then you must mingle both these together, and then you must fil a pan full of water and seeth them well, so done, you must take foure pound of beastes tallow, and put it  
into

into the Lye, and seeth them together untill it be hard.

To make Quinces in Sirrope.

Take thirty Quinces to the quantity of this sirrop, take a pottel of water and put it in a pan, and then take the whites of six egges and beat them with an other pottle of water, & then put it altogether, and put therto twelue or foureteen pound of Sugar, as you shal see cause, and seeth it and skini it very eleane, and then put to it two ounces of cloues and bruse the a very little, and let them seeth untill the some do rise very black, and then skimme of the cloues again & wash them in faire water and dry them and put them in again and your quinces also. Put to them half a pint of rose water, and then put the Sirrope in a faire earthen pot or panne, and lay a sheet foure times double vpon them to keep in the heat, and so let it stand a day or two, and then put them & the sirrop in a vessel that was neuer occupied, & couer them close, but in the beginning pare your quinces and core them, & seeth them in faire water, untill they be tender, and then take them vp and lay them that the water



water may runne from them cleane, and when they be cold, then put the into your sirrope as it is aboue said.

To make conferue of Barberies.

**T**Ake your Barberies and picke them cleane, and set the ouer a soft fire, and put to them Rosewater as much as you thinke good, then when you thinke it be sedde enough, straine that, and then seeth it againe, and to euery pound of Barberies, one pound of suger, and meat your conferue.

To make a Pudding of a Calues chaldron.

**F**irst take y chaldron & let it be washed scalded & perboyled, and let it be chopped & stamped fine in a mortar, and while it is hotte straine it through a cullender, and halfe a dozen of Egges both whites and yolkes, with all maner of hearbs to them a handfull or two, let the hearbes be shred small, and put them to the chaldron and a good handfull of grated bread, then take a handfull of flower, and put it to it all, then take an Ozenge pil out of the sirrope and mingle with it, then season it with Cinamon and Ginger, and a fewe Cloues

Cloues and mace, and a little Rosewater and Marrowe or Suet, Butter a good quantity thereof close it vp, so it be not dry baked, then take the thinnest of y<sup>e</sup> Sheepes kel and wrapt the meat in, then rease the coffin of fine paste and put it in.

To boile calves feete.

**T**ake a pinte of white wine and a smal quantity of water, and small raisons and whole mace, and boile them together in a little Mercurious and yolkes of egges, mingled with them, and a peece of sweete butter, so serue them vpon bread sliced.

To stewe veale.

**T**ake a knockle of Meale & al to bruse it, the set it on the fire in a litle fresh water, let it seeth a good while, then take good plenty of onions and chop them into your broth, and when it hath well sodden, put in Mercurious, Butter, Salt and Saffron, and when it is enough, put to it a litle suger, and then it will be good.

To boile chickens and mutton after the Dutch fashion.

**F**irst take Chickens and mutton, and boyle them in water a good while, and let a good deale of the water be boyled away,



## A book of Cookerie.

5

way, then take out the Dutton and chickens and the broth, make whit broth, put in thereto Sinnamon and Ginger, Sugar and a litle Pepper, and a litle Mergious, and a litle flower to thicken it, and a litle Saffron, take Rosemarye, Thyme, Marjorum and penirial, and Bisope, and halfe a dish of butter, with a litle salt. the liquoz must be cold befoze the chickens be put in.

### To make a caudle.

**T**AKE a pinte of Malmesie and fve oz fire egges, and seeth them strained together, so sodden, stirre it till it be thicke, and lay it in a dish as you doe please, and so serue it.

### To make a Haggas pudding.

**T**AKE a peece of a Calues Chaldron and perboile it, shzed it so small as you can, then take as much Beefe Sewet as your meate, shzed likewise, and a good deale moze of grated bread, put this together, and to them seuen oz eight yolkes of eggs, and two oz thzee whites, & a litle creame, thzee oz fower spoonefull of rosewater, a litle Pepper, Mace and nutmegs, and a good deale of suger, fill them and let them be

be sodden with a very soft fire, and shed also with a little Winter Hanery. parseley and Lime, and a little Penicrill with your meat.

To make Hagges Puddings.

**T**Ake the liver of a Hog and perboyle it, then stampe in water and strain it with thicke creame, and put therto eight or nine yolkes of egges, and three or foure whites, and Hogges suet, small raisons, Cloues and Mace, pepper, salte, and a litle suger, and a good deale of grated bread to make it thicke, and let them seeth.

To make Ising puddings.

**T**Ake great Otemeale and pick it and let it soake in thicke cream 3. howere, then put therto yolkes of Eggs, and some whites, pepper, salt, cloues and mace, and a litle suger, and fil them not too full, and seeth them a good while.

To seeth Muscles.

**T**Ake butter and vineger a good deale, parseley chopt small and pepper, then set it on the fire, and let it boile a while, then see the Muscles be cleane washee, and put them in the broth shelles and all, and when they be boyled a while, serue them



them shelles and all.

To make a Pudding.

**T**Ake Parsley and Time, and chop it small, then take the kidney of Heale, and perboile it, and when it is perboyled, take all the fat of it, and lay it that it may coole, and when it is colde shzed it like as you doo se wet for puddinges, then take marrow and mince it by it self, then take grated bread and smal raisons the quantity of your stuffe, & dates minced small, then take the egges and roste them hard, and take the yolks of them and chop the small, and then take your stuffe aforesaid brased and mingle altogether, and then take pepper, Clours and Mace, Saffron, and salt, and put it together with the said stuffe, as much as you thinke by casting shal suffice, then take six Eggs and brake them into a vessell whites and all, and put your dry stuffe into the same egges, and temper them all wel together, and so fill your baggelle or gut, and seeth it wel and it will be good.

To stewe Steakes.

**T**Ake a necke of Butten and cut it in peeces, and then frye them with butter untill

untill they be moze then halfe enough fry them with a good many of Onions sliced, then put them in a little pot, & put there to a little parsely chopt, as muche broath of Mutton or beefe as couer them, with a little Pepper, Salt, and Vergions: then let it seeth together very softly the space of an hower, and serue them vpon soppes.

To boile the lightes of a calfe.

**F**irst boile the lightes in water, then take Parsely, Time, Onyons, Pennyriall, and a litle Rosemary, and when the Lightes be boiled chop all these together Lights and all very smal, and then boile them in a litle pot, and put into them vergious, Butter, and some of the owne broath then season it with Pepper, Sinamon, and Ginger: let them boile a litle and serue them with sops.

To make a lenthen Haggelle with poched egges.

**T**Ake a Skillet of a plate, and fill it half with vergious, and halfe with water, and then take Margerome, Winter saueris, Pennyroyall, mince, Time, of eche five crops, wash them, and take foure Egges, hard rosted, and shzed them as fine as you can,



## A booke of Cookerie.

11

can, & put the hearbes thus into the broth, then put a great handfull of currants, and the crummes of a quarter of a Manchet, and so let it seeth til it be thicke, then season it with Sugar, Sinamon, Salt, and a good peece of Butter, and thre or foure spoonefulles of Rose water, then poch seuen Egges and lay them on sippets, and poure the Waggesse on them, with Sinamon and Sugar strewed on them.

### To boile Onions.

**T**Ake a good many onions and cut the in foure quarters, set them on the fire in as much water as you think will boyle them tender, and whē they be clean skimmed, put in a good many of small raisons, halfe a spooneful of grose pepper, a good peece of Sugar, and a little Salte, and when the Onions be througħ boyled, beat the yolke of an Egge with Verigious, and put into your pot and so serue it vpon soppes. If you will poch Egges and lay vpon them.

### To boile Citrons.

**W**Hē your Citrons be boyled, pared and sliced, seeth them with water and wine, and put to them butter, small  
C raisons

Raysons, and Barberies, suger, sinamon and Ginger, and let them seeth till your citrons be tender.

To bake Lampernes.

**F**irst make your coffin long waies, and season your Lampernes with Pepper, Cloues, and Mace, and put them in the Pye, and put thereto a good handfull of small raysons, two or three onions sliced a good peece of Butter, a litle suger, and a few Barberies, & whe it is enough put in a little Vergious.

To make fried toste of Spinage.

**T**ake Spinnage and seeth it in water and salt, and when it is tender, wring out the water betwene two Trenchers, then chop it smal and set it on a Chafing dish of coles, and put thereto butter, small Raysons, Sinamon, Ginger, and Suger, and a little of the iuyce of an Ozenge and two yolks of rawe Egges, and let it boile till it be somewhat thicke, then toste your toste, soake them in a litle Butter, and Suger, and spread thinne your spinnage vpon them, and set them on a dish before the fire a litle while, & so serue them with a litle suger vpon them.

To



To bake a Citron pie.

**T**Ake your citron, pare it and slice it in peeces, and boile it with grose pepper and Ginger, and so lay it in your Paste with butter, and when it is almost baked put thereto Vineger, Butter, and Sugar, and let it stande in the Oven a while and soke.

An other way to bake Citrons.

**W**hen your Citrons be pared & sliced laye it in your Paste with small Raysons, and season them with Pepper, ginger, and fine sugar.

To bake Aloes.

**T**Ake a Legge of mutton or Veale, and cut it in thirre slices: take parselley, Lime, Marjoram, Sauerie, & chop them small, with ii. or iii. yolkes of hard Egges and put thereto a good many Currants, then put these hearbs in the slices, with a peece of Butter in each of them, and wrap them together and lay them close in your Paste, season them with Cloves, Mace, Sinamon, Sugar, and a lyttle whole pepper, Currans and Barberies cast vpon them, and put a dish of butter to them & when they be almost baked put in a lit-

## A booke of cookrye.

little Mergious.

To bray Golde.

**T**Ake Golde leaues, sower drops of hony, mix it wel together, and put it into a Glasse, and when you will occupy it, steep and temper it in gumme water and it will be good.

To make conserues of Roses, and of any other flowers.

**T**Ake your Roses befoze they be fullye sprung out, and chop off the white of them, and let the Roses be dried one daye or two befoze they be stamped, and to one vnce of these flowers take one vnce and a halfe of fine beaten Sugar, and let your roses be beatē as you can, and after beat your roses and Sugar together againe, then put the Conserue into a faire glasse: And likewise make all Conserue of Flowers.

To make conserue of cherries, and other fruites.

**T**Ake halfe a pound of Cherries, & boile them dry in their own licour, and the straine them thzough a Hearne rale, and when you haue strained them, put in two pounde of fine beaten Sugar, and boyle them



them together a pety while, and then put your Conserue in a pot.

To seeth a carpe.

**F**irst take a Carpe and boile it in water and salt, then take of the bzoth and put in a litle pot, then put therto as much Wine as there is bzoth, with Rosemary, Parselie, Tyme, and margerum bounde together, and put them into the pot, & put thereto a good manie of sliced Onyons, small raisons, whole maces, a dish of butter, and a little suger, so that it be not too sharp nor too sweet, and let all these seeth together: if the wine be not sharpe enough then put thereto a little Wineger, and so serue it vpon soppes with bzoth.

To seeth a pike.

**F**irst seeth the Pike in water and salte, with Rosemarie, Parsely and Tyme, then take the best of the bzoth and put into a litle pot, then put therto the ruffilt of the pyke, small Raisons, whole Mace, whole pepper, twelue or thirteene Dates: a good peece of Butter, a goblet of white wine, and a litle yeast, and whē they haue boyled a good while, put in a little wineger, suger and Ginger, so serue the pyke

with the Kuffilt, and broth vpon soppes.

To boyle cockles.

**T**ake water, vineger, pepper, and beere, and put the cockles in it, then let them seeth a good while, & serue the broth and all. You may seeth them in nothing but in water and salt if you wil.

To boyle a carpe in greene broth, with a pudding in his bellie.

**T**ake the spawne of a carpe, and boile and crumble it as fine as you can, then take grated bread, smal raisons, dates minced, cinamon, suger, cloues, and Mace, and Pepper, and a little salte mingled altogether, and take a good handful of sage, and boile it tender, and straine it with three or foure yolkes of Egges, and one white, and put to the spawne, with a little creaine and Rosewater, then take the carpe and put the pudding in the bellie, and seeth him in water and salt, and when he is almost boyled, take some of the spawne and of the best of the broth, and put it into a little pot with a little white wine, and a good peece of butter, and three or foure Onyons, whole Mace, whole Pepper, and small Raisons, and three or foure



fewer Dates, and when it is a good deale sodden, put in a good deale of seeded spinage, & strain it with three or fewer yolks of Egges, and the Onyons that you put into the Broth with a little Mergious, and put it to your Broth: and if it be too sharpe put in a little Sugar, and so laye your Carpe vpon soppes, and poure the Broth vpon it.

To make an Almond Custard.

**T**ake a good sort of almonds blanchèd, and stampe them with Water, and straine them with water and a litle rosewater, and twelue Egges. then season it with a litle synamon, suger, and a good deale of Ginger, then set it vpon a pot of seething water, & when it is enough Rick Dates in it.

To make a blanch marger on the  
fifth day.

**T**ake whites of egges and creme, and boile them on a chafingdish on coles, till they Curd, then will their whay goe from them, then put away the whay, then put to the Curd a litle Rosewater, then straine it and season it with suger.

C. iij.

To

## A booke of cookrye.

### To bake chickens.

**F**irst season them with cloues & mace, pepper and salt, and put to them currans and Barberies, and slitte an apple and cast synamon and suger vpon the apple, and lay it in the bottome, and to it put a dish of butter, and when it is almost enough baked, put a little suger, bergious and ozenges.

### To make a Pudding in a pot.

**T**Ake a peece of a Legge of Mutton or Heale and perboyle it well, then shred it very fine, with as much suet as there is mutton, and season it with a little pepper and salte. Cloues and Mace, with a good deale of synamon and Ginger, then put it in a little pot, and put thereto a good quantity of Currans and Pynes, and two or thre Dates cut the long wayes, and let it sethe softly with a little bergious vpon sops, and so serue it with suger.

### To stew Steakes.

**T**Ake the great Ribbes of an Pecke of mutton and choppe them asunder, and wash them wel, the put them in a platter one by another, and set them on a chafin dish of coales, couer them and turne them  
now



now and then, so let them stew til they be halfe enough, then take Parsley, Time, Margerome and Onyons, and chop them very small, and cast vpon the steakes, put thereto one spoonfull of bergious, and two or thre spoonfulles of Wine, a little butter and Marrowe, let them boyle till the mutton be tender, and cast theron a little pepper, if your broth be too sharp put in a little suger.

### To roast a Pigge.

**T**Ake your pig and draw it, and wash it cleane, and take the liuer, perboile it and straine it with a little creame, and yolkes of Egges, and put thereto grated bread, marrow, small Raisons, nutmegs in powder, mace, suger and salte, and stirre all these together, and put into the Piggess bellie, and sewe the Pigge, then spit it with the haire on, & when it is halfe enough pull of the skinne, and take heede you take not of the fatte, then baste it, and when it is enough, the crum it with white bread, suger, sinamon and ginger, and let it be somewhat browne.

To

## To rost a Hare.

**T**ake the Hare and flay her, then take Parsley, Lime Sauery, Creame, a good peece of Butter Pepper, small raisens, and barberies work all these together in the Hares bellye: when she is almost enough, baste her with Butter, and one yolke of an Egge, and make venison sauce to her.

## To make Tostes.

**T**ake the Kidney of Aleale and chop it small, then set it on a chafingdishe of Coales, and take two yolkes of egges, Currans, Synamon, Ginger, Cloues and mace, and suger, let them boyle together a good while, and a little Butter with the Kidnie.

To make conserue of Mellons,  
or Pompons.

**T**ake what quantity of Mellons you thinke best, and take the befoze they be ripe, but let them be good, and make as many cuts in the as they be marked with quarters on euery side, & hauing mundified: the and taken out the cozes and curnelles, and peeled the vtter rinde, steepe them in good Vineger, and leauing them



so the space of ten daies, & when you haue taken them out, take other vineger and steep them ten daies more, remouing and stirring them euery day, then when time shalbe take the and put them in a course linnen cloth, drying & wiping them, then set them in the ayre the space of one daye and a night, then boile them in hony, and by the space of ten daies geue them euery day a little boyling, leauing the alwaies in the Hony, and they must boile at euery boiling but one walm, then take the peeces and put them in a pot, with pouder of Cloues, Ginger and Nutmegges, and a peece of synamon, this doone, make one bed of the peeces of Bellons, and another of the spice, and then peure white honye vpon all in the said pots or vessels.

To make sirrope of Violets.

**F**irst gather a great quantity of violet flowers, and pick the cleane from the stalkes and set the on the fire, and put to them so much Rosewater as you thinke good, then let them boile altogether untill the colour be forth of them. the take them of the fire and strain them through a fine cloth, then put so much suger to them as  
you

you thinke good, then set it againe to the fire vntil it be somewhat thick, and put it into a violl glasse.

To make sope.

**F**irst you must take halfe a strike of As-then ashes, and a quarte of Lime, then you must mingle both these together, and then you must fil a panne ful of water and seeth them well, so doone, you must take foure pound of beastes tallow, and put it into the lye and seeth them togeather vntill it be hard.

To preserue orrenge.

**T**Ake your Pills and water them two nights & one day, and drie them clean againe and boile them with a soft fire the space of one hower, then take them out to coole, and make your sirroppe halfe with Rosewater and half with that liconr, and put double Sugar to your Orrenge, and when your Sirroppe is halfe sodden, then let your orrenge seeth one quarter of an hower more, then take out your orrenge and let the sirroppe seeth vntil it rope, and when all is colde, then put your Orrenge into the Sirrop: The white of an Egge and sugar beaten togeather will make it  
to



to candie.

The stilling of a capon, a great  
restority.

**T**Ake a yong Capon that is wel fleshed  
and not fat, & a knuckle of yong Weale  
that is sucking, and let not fat be vpon it,  
and all to hack it bones and all, and flea  
the capon clean the skinnie from the flesh,  
and quarter it in foure quarters, and all  
to bruse it bones and al, and put the beale  
and it altogethr in an Earthen pot, and  
put to it a pinte of Red wine, and eight  
spoonfulls of Rosewater, and half a pound  
of small Raisins o2 Currans, o2 foure  
Dates quartered, and a handfull of Rose-  
mary flowers, and a handfull of Burrage  
flowers, and twenty o2 thirty whole Ma-  
ces, and take and couer the pot close with  
a couer, and take paste and put about the  
pots mouth that no ayze come forth, and  
set it within a brasse pot full of water on  
the fire, & let it boyle there eight howers,  
and then take the ladle and bruse it alto-  
gether within the pot, and put it in a faire  
strainer, and straine it throug with the  
ladle, and let no fat be vpon the broth but  
that it may be blowne o2 else taken with

a feather, and euery daye next year hart  
 drinke halfe a dozen spoonfulls therof,  
 with a cake of Manus Christi, and again  
 at foure of the clock in the afternoone.

To make drie Marmelet of Peches.

**T**ake your Peaches and pare the, and  
 cut them from the stones, and mince  
 them very finely, and steepe them in rose  
 water, then straine them with rose water  
 through a course cloth or Strainer into  
 your Pan that you will sethe it in, you  
 must haue to euery pound of peches halfe  
 a pound of suger finely beaten, and put  
 it into your pan y you do boile it in, you  
 must reserue out a good quanty to mould  
 your cakes or prints withall, of that Su-  
 ger, then set your pan on the fire, and stir  
 it til it be thicke or stiffe that your stick wil  
 stand vp right in it of it self, the take it vp  
 and lay it in a platter or charger in pretty  
 lumps as big as you wil haue y mould or  
 printes, and when it is colde print it on a  
 faire board with suger, and print the on a  
 mould or what knot or fashion you will, &  
 bake in an earthen pot or pan vpon y em-  
 bers or in a feate coner, and keep the con-  
 tinually by the fire to keep them dry.

To



To make the same of Quinces, or any  
other thing.

**T**ake the Quinces and quarter them,  
and cut out the ccores and pare them  
cleane, and seeth them in faire water till  
they be very tender, then take them with  
rose water, and straine them, and so as is  
aforesaid in euery thing.

To preserve Orreniges, Lemmons, and  
Pomecitrons.

**F**irst shauē your Orreniges finely, & put  
them into water two dayes and two  
nights, changing your water three times  
a day, then perboyle them in three seuerall  
waters, then take so much water as you  
think conuenient for the quantity of your  
Orreniges, then put in for euery pound of  
Orreniges one pound and a halfe of suger  
into the water, and put in two whites of  
egges and beat them altogether, then set  
them on the fire in a brasse vessel, & when  
they boyle skimme them very cleane, and  
clense them through a Jelly bagge, then  
set it on the fire and put in the Orreniges.  
Use walnuts in like maner, and use lemons  
and Pomecitrons in like sorte, but  
they must lye in water but one night.

To

To preserve Quinces all the yere through  
whole and soft.

Take as is aforesaide one pound of wa-  
ter, and three pound of Sugar, & break  
it into very smal peeces, and in all things  
as you did befoze, then take twelue Quin-  
ces and coze them very clean, & pare them  
and washe them, and put into you sirrup,  
when the skim is taken off let them seeth  
very soft untill they be tender, then take  
them vp very softly for breaking, and lay  
them in a faire thing one by another, the  
straine your sirrupe, and set it on the fire  
again, then put in your Quinces & haue a  
quick fire, let them seeth apace and turne  
them with your sticke, and when they be  
almost ready put in some Rosewater and  
let them seeth. and when you thinke they  
be ready take vp some of the sirrope in a  
spoon, and if it be thicke like a Jelly whe  
it is colde then take of your Pan, and put  
your Quinces into pots and your sirrope  
to the, and put into your pots litle sticke  
of Cinamon and a fewe cloves, and when  
they be colde couer them with paper pic-  
ked full of small holes.

FINIS.



# THE Booke of Car= ving and Sewing.

*And all the feastes in the*  
yeere, for the seruice of a Prince or  
any other estate, as yee shall finde  
each Office, the seruice accor=  
ding in this booke  
following.



AT LONDON  
Printed by E. Alde for Edward White,  
dwelling at the little North doore  
of S. Paules at the signe of  
the Gunne.

# THE Booke of Car-

ving and Binding.

And all the feathers in the  
years, for the service of a Prince or  
any other estate, as you shall finde  
each Office, the service accor-  
ding in this booke  
following.



AT LONDON  
Printed by E. Alde for Edward White,  
dwelling at the little North doore  
of St. Pauls at the signe of  
the Gunne.





## *Termes of a Caruer.*



Beake that Deare, Leach  
that Brawn, reare that  
Goose, lift that Swan,  
saue that Capon, spoyle  
that Hen, furth that chic-  
ke, vnbrace that Halard,  
vnlace that connie: dismember that He-  
ron, display that Crane, disfigure that Pe-  
cock, vnioynt that Bitture, vntach that  
Cnrlew, alay that Fesaunt, wing that  
Partrich, wing that Quaille, mince that  
Plover, thie that Pigion, broder that pas-  
tie, thie that Modcock, thie all manner of  
small birds.

Limber the fire, tire that egge, chine that  
Salmon, string that Lampye, splat that  
Pike, saue that place, saue that Tench  
splay that Breme, side that Haddock, tusk  
that Barbel, culpon that Troute, sinne  
that Cheuine, transen that Cele, traunch  
that Sturgion, vndertraunch that purpes

The booke  
fame that crab, barde that I obſer.  
Heere endeth the goodly Tcarmes.

Heere beginneth Butler and Panter.

**T**hou ſhalt be butler and panter al the  
firſt yere, and ye muſt haue thre pan-  
try knives, one knife to ſquare trencher  
loaves, another to be a chipper, the thirde  
ſhall bee ſharpe foꝝ to make ſmooth tren-  
chers, than chip your ſoueraignes bzeade  
hot, and all other bzead let it be a day old,  
houſhold bzead thre daies olde, trencher  
bzead foure dayes olde, then look your ſalt  
be white and dry, the plouer made of Iuo-  
ry two inches bꝛode, and thre inches long  
and looke that your ſaltſeller lid touch not  
the ſalt, than looke your table clothcs,  
towels and napkins, bee faire ſolden in a  
cheſt, oꝝ hanged vpon a pearch, than look  
your Table knives bee faire pulliſhed,  
and your ſpoones cleane, then looke yee  
haue two tarriours, amoz and a leſſe, and  
wine cannels of box made according, and  
a ſharpe gimlet and faucets. And when  
ye ſet a pipe on bꝛoche dooe thus, ſette it  
foure fingers bꝛode aboue the nether  
chine



### of Caruing.

chine vppwardes assaunt, and then shall  
the lies neuer arise. Also looke yee haue in  
all seasons, butter, chéese, apples, peares,  
nuts, plumes, grapes, dates, figges, and  
raysons compost, gréene ginger, and chard  
Quince. Serue fasting, butter, plums,  
damsons, cherries, and grapes. After meat,  
peares, nuts, strawberries, hurtelberies, and  
hard chéese. Also blaundzels or pipins,  
with caraway in confects: after supper  
rest apples and peares, with blanch pou-  
der and hard chéese, beware of Cow cream  
and of strawberries, hurtelberies, iuncat,  
for cheese will make your soueraigne sick,  
but he ate hard chéese.

Harde chéese hath these operations,  
it will keepe the stomacke open, but-  
ter is wholesome first and last, for it  
will doe away all paysons: Mylke,  
Creame and Iuncate, they will close  
the maw, and so dooth a posset, therefore  
eate harde chéese, and drinke Rummy  
Modom, beware of gréene Salets and  
rawe fruites, for they will make your  
Soueraigne sicke, therefore sette not  
much by such mizates as will sette your  
teeth on edge, therefore eate an

## The booke.

Almond and hard cheese, but eat not much  
cheese without Romy modon. Also of di-  
uers drinckes if their fumositues haue dis-  
pleased your soueraigne, let him eate a raw  
apple, and the fumositues wil cease, mea-  
sure is a mery meane, and if it be well v-  
sed, abstinence is to be praised, when God  
therewith is pleased.

Also take good hēde of your wines, e-  
uery night with a candle both red Wine  
and sweete wine, and looke they reboyle  
no, leake not and wash the pype heades e-  
uery night with colde water, and looke yē  
a clenching iron, ads, and linnen clothes if  
nēde be, and if they reboile ye shall know  
by the hissing, therfore keepe an emptie  
pipe with the lies of couloured rose, and  
draw the reboiled wine to the lies, and it  
shall helpe it. And if the sweet wine pale,  
drawe it into a Romy vessell for la-  
sing.

Heere followeth the names of

Wines.

Red wine, White wine, Claret Wyne,  
Dley, Capzick, Campolet, Kennith wine,  
Malmesey, Bastard, Tyze, Romy,  
Muscadel,



of Caruing

Muscadel, Clarykaspi, Ternage, Cufe.  
piment and Ipocras.

For to make Ipocras.

Take ginger, pepper, graines, canell,  
finamon, sugar and solesole, that looke  
ye haue fine o: fire bags of your Ipocras  
to run in, and a pearch that your renners  
may ren on, than must ye haue fire peuter  
basins to stand vnder your bags, then looke  
your spice be ready, and your ginger well  
pared o: it be beaten to powder, than looke  
your stalkes of finamon be well coloured  
and swete, canell is not so gentle in opera-  
tion, finamon, is hotte and dry, graines of  
paradise be hot and moist, ginger, grains,  
long pepper and suger ben hot and moist  
finamon, Canell and redde wine colou-  
ring.

Nowe knowe ye the proportions  
of your Ipocras, than beate your pou-  
ders, each by them selfe, and put them  
in bladders and bange your bagges sure  
that no bagge touch other, but let each  
basin touch other, let the first basin  
bee of a gallon, and each of the other a  
pottell, that put in your basin a gallon

## The booke

of reade Wine , put thereto your powders , and stirre them well , than put them into the first bagge , and let it ren , than put them in the seconde bagge , than take a peece in your hande and assay if it be stronge of Ginger , and alay it with Cinamon , and if be strong of Cinamon , alay it with sager , and look ye let it ren through fire renners , and your Epocras shall bee the finer , than put your Epocras into a close vessell and keepe the recett , for it will serue for selues , then serue your soueraigne with wafers and Epocras .

Also looke your compost bee faire and cleane , and your ale fine daies olde , or men drinke it , than keepe your house so office cleane , and bee courteous of aunswere to each person , and looke yee give no person no palde drinke , for it will breede the scab .

And when yee laye the cloth wipe the boord cleane with a cloth , than lay a cloth ( a couch it is called ) take your fellows that one ende , and hold you that other end , than draw the cloth straight , the bought on the vtter edge , take the vtter parte and hange it euen , than take the thirde cloth



## of Caruing

cloth and lay the bought on the inner edg,  
and lay estate with the vpper part halfe a  
foote broad, than couer thy Cubbeord and  
thine elwze with the towell of Diaper,  
than take thy Towell about thy necke,  
and lay the one side of the Towell vppon  
the left arme, and thereon lay your Soue-  
raignes napkin, and lay on thine arme se-  
uen loues of bzeade with thyes or fower  
trencher loues, with the end of the towell  
in the left hande, as the manner is, than  
take thy salt seller in thy left hande, and  
take the end of the towell in your right  
hand to beare in spoones and kniues, than  
set your salt on the right side, where your  
Soueraigne shall sit, and on the left side  
your salt, set your trenchers, then lay your  
kniues and set your bzeade one loafe by a-  
nother, and your spoones and your Nap-  
kins faire folden beside your bzeade, then  
couer your bzead and trenchers, spoones,  
and kniues, and at euery ende of the  
Table sette a Saltseller, with two  
Trencher Loaves, and if yee wyl  
wraspe your Soueraignes Bzeade  
stately, yee must square and propor-  
tion your bzeade, and see that no Rose  
be

## The booke

be moze then another, and then shall yee make your wapper mannerly, then take a towel of reines off two yards and a halfe, and take the towel by the endes double, and lay it on the table, then take the ende of the bought a handfull in your hand, and wape it hard, then lay the end so wapped between two towels, vpon that ende so wapped. This bring doon lay your bread bottome to bottome, sixe or seauen loaves, then see you set your breade mannerlie in good forme, and when your Soueraignes table is thus arayed, couer al other boords with salt, trenchers and cups: also see thine elwy bee arayed with basins and ewers, and water hot and colde, and see yee haue napkins, cups, spoons, and see your pots for wine and ale be made clean, and to the furnabe make the curtisie with a cloth vnder a faire double nappe, then take the towels end next you, and the vtter end of the table, and hold these thzee ends at once, & folde them at once that a pleit passe not a foote broad, then lay it euen there it should lye. And after meate wash with that, that is at the right ende of the table, yee must guide it out, and the marshal must conuey it



### of Caruing.

it and looke to ech cloth the right side bee outward and drawe it straight, then must yee raise the vpper part of the towell, and lay it without any croning and at euery ende of the towell yee must conuay halfe a yarde that the sewer may take estate reuerently, and let it be: and when your soueraine hath washed, draw the surnape euen, then beare the surnap to the midst of the boord, and take it vp befoze your soueraine, and beare it into the ewy againe: and when your soueraine is set, look your towell bee about your necke, then make your souerain curtesie, then vncouer your bzeade and lay it by the salt, and lay your napkin, knife, and spoone afoze him, than kneele on your knee till the purpain pas eight loues and looke ye set at the endes of the table foure loues at a messe, and see that euerie person haue a napkin and a spoone, and waite well to the sewer howe many dishes be couered, and so many cups couer yee, then serue yee forth the Table mannerlie, that euery man may speake of your curtesie.

Heere

## The booke

Here endeth the Butler and Panter yea-  
man of the seller and ewry: and heere  
followeth sewing of flesh.

**T**he sewer muste sewe, and from the  
bord convey all manner of pottages  
meats and sauces, and euery day common  
with the Cooke, and vnderstand and wit  
how many dishes shall be, and speak with  
the panter and officers of the spicerie for  
frutes that shal be eaten fasting. Than go  
to the bord of sewing and see ye haue of-  
ficers ready to convey, and seruants for to  
beare your dishes. Also if the marshall  
squires, and sergeants of armes be there,  
than serue forth your soueraigne without  
blame.

## Seruire.

First set yee forth mustard and bzaw, pottage, beefe, mutton, stued fasant, swan capon, pig, venison, hake, custard, leach and lombard, fruter bzunt, with a subtilty two pottages, blaunch manger and gelly. For standard, venison, rost kid, fatone, and conie, bustard stoke, Crane, peacock with his tayle, herensaw, bitture, woodcrocke,  
par



## of Caruing.

partrich, plouer, rabbits, great birds,  
larkes, boucets, pampuffe, white leach,  
amber gelly, creame of almondes, curlew  
bzeu, snite, quaille, sparrowe, martinet,  
pearchin gelly, pety peruis, quince bake,  
leach de ward, fruter sage, blandzels oz  
pippens with caraway in confects, wafers  
and Epocras they be agreeable. Now this  
feast doon, voye yee that table.

Here endeth the sewing of flesh, and here  
followeth caruing of flesh.

**T**he Caruer must knowe the caruing,  
and the faire handling of a knife, and  
how he shall fetch all maner of soule, your  
knife must be faire and your handes must  
be cleane, and passe not two fingers and a  
thombe vpon your knife. In the midst of  
your hande set the haff sure, vnlaſing the  
minſing with two fingers and a thombe,  
caruing of bread, laying and holding of  
crums with two fingers & a thombe, looke  
ye haue y curc set neuer on fiſh, fleſh beaſt  
ne ſowl, moze than ii. fingers, & a thumb,  
than take your loſe in your left hande and  
holde your knife ſurely, enbzeine not the  
table cloſh, but wipe vpon your Napkin,  
then

## The booke

then take your trencher lofe in your leftte hande and with the edge of your Table knife take vp your Trenchers as nre the point as ye may, then lay foure trenchers to your soueraine one by another, and lay theron other foure trenchers, or els twain, than take aloafe in your left hande, and pare the leafe rounde about, than cut the ouer crust to your soueraine, and cut the nether crust and boide the paring and touch the loafe no more after it is so serued, than cleanse the table that the sewer may serue your soueraine.

Ye must also knowe the fumosities of fish, flesh, and foules, and all maner of fau- res according to their appetites, these ben the fumosities, salt, soare, restie, fat, freid, fine toes, skins, bonny, croupes, young fea- thers, heads, piglons bones, and all maner of legges of beastes and foules to the utter toe, so the se be fumosities lay them neuer to your soueraine.

Service.

Take your knife in your hand, and cut by a wne in the dish as it lyeth, and lay on your soueraignes trencher, & see there bee mustard.

Menison



## of Caruing.

Venison with furmintie is good for your  
Souveraigne, touche not the venison with  
your hand but with your knife, cut it out  
into the furmintie, doe in the same wise  
with peason, and bacon, beefe, henne, and  
mutton, pare the beef, cut the mutton and  
lay to your soueraigne, beware of sumost  
tiues, salt, sinew, fat, resty and rawe. In  
Arrup, pheasant, partrich, stockedoue, thic  
kins in the left hand, take them by the pi  
nion and with the fore parte of your knife  
lift vp your wings, than mince it into the  
Arrup, beware of skin, rawe and sinew,  
Goose, teele, mallard and swan, raise the  
legs, than the winges, lay the body in the  
midit, or in another platter, the wings in  
the midit and the legs after, lay the brawn  
betweene the legges, and the wings in the  
the platter, Capon or hen of Brete, lyft  
the legs, than the wings, and cast on wine  
or ale, then mince the wing and give your  
soueraigne: Keland, partrich, plover or  
lapwing, raise the winges and after the  
legs: woodcock, bitture, egret, snipe, corlew  
and heronsew unlace them breake of the  
pinions, and breake the necke, than raise  
the legs, and let the fiste be on still, than  
the

## The booke

the wings. A crane raise the winges first, and beware of the trumpe in his best, peacock, stoake, bustard, and shouillard balace them as a crane, and let the feet be on stil. Quaille, sparrow, larke, martinet, pigion, swallow and thrush, the legs first, than the wings, fawn, kid, and lambe, lay the kidney to your soueraigne, than lift up the shoulder and giue to your soueraigne a rib. Venison rost, cut it in the dish and lay it to your soueraigne: a conny lay him on the back, cut away the vents between the hinder legs, breake the canel bone, than raise the sides, than lay the cony on the womb, on each side the chine the two sides departed from the chine, than lay the bulke, chyne and sides in the dish: also yee must mince foure lesles to one mozell of meate, that your soueraigne may take it in the sauce. All bake meats that bee hot, open them aboue the coffin, and all that be colde open them in the midway. Custard, cheeke them inche square, that your soueraigne may eat thereof. Doucets pare away the sides of the bottome, beware of fumositines, Fruter, baunt, Fruters they say bee good, better is Fruter pouch, Apple Fruters bee good



## of Caruing

good hottē, and all colde touch not. Tansey is good hot, woxtes of gruell, of bēse or of mutton is good. Jelly, moztus, creame, almonds, blanch, manger, iussell and charlet, cabadge and vmbles of a dērr be good and all other petage be ware of.

Heere endeth the Caruing offlesh, and beginneth sauces of all maner of foules.

Mustard is good with brawn, bēse, chine of bacon, and mutton, bergis is good to boyled chickens, and capon, swan, wyth chawdrons ribs of bēse with garlike mustard, pepper, bergis, ginger, sauce of lamb pig, and sawne, mustard and suger, to ffeasant, partrich and cony, sauce gamelin, to herensew, egript, plouer and craine to bzeu and curlew, salt, suger and water of camet, bustard, shouillard & bitture, sauce gamline, woodcock lapwing, lark, quaille, martinet, benison, and snite with white salt, sparowes and throstles, with salt and sinamon, thus with all meates sauce shalt haue the operation.

Heere endeth the sauces for all manner of foules and meates.

## The booke

Heere beginneth the feastes and seruice  
from Easter vnto Whitsonide

On Easter day and so forth to Pentecost after the seruing of the table there shall bee set bread, trenchers and spoones after the estimation of them that shall sit there, and thus yee shall serue your Soueraigne, lay trenchers, and if he be of a lower degree or estate, lay five trenchers, and if he be of lower degree foure trenchers, and of another degree thre trenchers, the cut breade for your soueraigne after yee know his conditions whether it bee cut in the midst or pared, or els to be cut in small peeces: also ye must vnderstand howe the meate shall bee serued before your Soueraigne, and namely on Easter day, after the gouernance and seruice of that country where yee were borne. First on that day yee shall serue a calfe sodden and blessed, and sodden eggs with greene sauce, and set them before the most principall estate, and that Lord because of his high estate, shall depart them al about him, then serue potage as wort, roots or bowes, w<sup>th</sup> beefe, mutton, or veale, & capons that be coloured with saffron, and baked meats: and the second



## The booke

second course. Yessel with mamonny, & roasted  
endoured, & pignons with bake meates, as  
starts che wets, and flames, and other, af-  
ter the disposition of the cooks: and at sup-  
per time diuers sauces of mutton or beale  
in broth, after the ordinance of the steward  
and than chickens with bacon, beale, roast  
pignons or lamb, & kid roast, with the heade  
and the pertenance of Lamb and pigges  
feet, with vineger and parcely theron, and  
a tansie fryed, and other bake meates, yee  
shal vnderstand this maner of seruice du-  
reth to pentecost, saue fish daies.

Also take heed howe yee shall araye  
these things before your soueraigne. First  
yee shall see there be greene sauce of sorrell  
or of vines, that is, holde a sauce for the  
first course, and yee shall begin to raise the  
capon.

Here endeth the Feast of Easter till  
Pentecost. And here beginneth  
Caruing of all maner  
of Foules.

Sauce that Capon.

Take up a capon, and lift up the right  
leg

### The booke

leg and the right wing, and so aray fourth  
and lay him in the platter as he should fly,  
and serue your soueraigne, and know wel  
that capons or chickens bee arayed after  
one sauce, the chickens shal be sauced with  
greene sauce or bergis.

Lift that swan.

Take and sight him as a goose, but let  
him haue a larger bza wne and looke hee  
haue a chawdron.

Aley that Fesant.

Take a feland raise his legges, and his  
wings as it were a hen, and no sauce but  
onely salt.

Wing that partrich.

Take a Partrich and raise his legges  
and his wings as a hen, and ye mince him  
sauce him with Wine, powder of Ginger  
and salt, than set him vpon a Chafingdish  
of coales to warme and serue it.

Wing that Quaile.

Take a Quaile and raise his legges  
and his wings as a hen, and no sauce but  
salt.

Display that crane.

Take a Crane and unfold his legges,  
and cut of his wings by the ioyntes, than  
take



of Caruing.

take bp his wings and his legs and sauce him with powder of ginger, mustard, vineger and salt.

Dismenber that Heron.

Take a Heron and raise his legs and his wings as a crane, and sauce him with vineger, mustard, powder of ginger & salt.

Vnioynt that Bitture.

Take a Bitture and raise his legges, and his winges as a Heron, and no sauce but salt.

Breake that Egript.

Take an Egript and raise his legges and his winges as a Heron, and no sauce but salt.

Vntach that Curlew.

Take a Curlew, and raise his legges and his winges as a Henne, and no sauce but salt.

Vntach that brew.

Take a Brewwe and raise his legges, and his winges in the same manner, and no sauce but onely salt, and serue your Soueraignes.

Vnlace that Conny.

Take a Cony and lay him on the back and cutte away the vents, than rayse the  
Winges

## The booke

wings and the sides, and lay bulke, chyne,  
and sides together, sauce, vineger and pou-  
der of ginger.

Break that Sarcell.

Take a Sarcell or a teele, and raise his  
wings & his legs, & no sauce but onely salt.

Mince that Flouer.

Take a Plover and raise his legs & his  
wings as a Hen, & no sauce but onely salt.

A Snite.

Take a snite and raise his winges, his  
legs, and his shoulders as a plover, and no  
sauce but salt.

This that Woodcock.

Take a Woodcock and raise his legs and  
his wings as a Hen, this done dight the  
braine.

Heere beginneth the feast from Pentecost  
vnto Midsomer.

In the second course for the meats before  
said, ye shal take for your sauces, ale, wine,  
vineger, and pouders after the meate, but  
ginger and canel, from pentecost to the  
feast of S. John Baptist.

The first course shalbe beefe and mutton  
sodden with capons, or roasted, and if capons  
be sodden, aray him in the maner aforesaid  
and



### of Caruing.

and when he is roasted, thou must cast on salt, with wine or with ale, than take the capon by the legges, and cast on the sauce and breake him out, and lay him in a dish as he should flée: first ye shall cut the right legge, and the right shoulder, and between the foure members, lay the brawne of the capon, with the croupe in the end between the legs, as it were possible for to be ioined together, and other bake meates after. And in the second course, potage shall be in shell Charlet or Pertrus, with young Gase, Meale, Poxke, Pignons or chickens roasted, with Pampuffe, fruiteres, and other bake meates after the ordinaunce of the Cooke. Also the Goose ought to be cut member to member, beginning at the right leg, and so forth vnder the right wing, and not vpon the ioynt above, and it ought to bee eaten with greene garlike, or with sorrel, or tender vines or vergis in summer season after the pleasure of your soueraigne: also ye shal vnderstand that al maner of foules that hath whole fete should be raised vnder the wing and not above.

## The booke.

Heere endeth the feaste from Pentecost to  
Midsomer; and heere beginneth from  
the feast of S. Iohn the Baptist  
vnto Michaelmas.

**I**n the first course potage of ~~Wolfs~~ gruell,  
and furmentie, with venison and  
Portrus and pestles of porke, with greene  
sauce. Roasted capon, Swan with chawdron  
In the second course, potage after the or-  
dinance of the cookes with roasted mutton,  
beale, porke, chickens or endoured pignons  
heronsewes, frutters or bake meates, and  
take harte of the fesant, he shall be arayed  
in the manner of a capon, but it shall bee  
done drie without any moisture, and hee  
shall be eaten with salt, and powder of gin-  
ger: and the Heronsew shall be arayed in  
the same manner without any moisture,  
and hee should be eaten with salt and pou-  
der: also ye shall vnderstand that all ma-  
ner of foules hauing open claws as a ca-  
pon shall bee tired and arayed as a capon  
and such other.

From the feast of S. Michael vnto the  
feast of Christmas.

**I**n the first course, potage, beeefe, mutton,  
bacon, pestles of porke, or with Goose,  
capon



### of Caruing.

capon, malard, Swan or Fesant, as it is  
before said, with farts or bake meats, or  
chines of pork. In the second course, po-  
tage, mortrus or Conies or sew, than rost  
flesh, mutton, pork, beale, pullets, chickens  
pigeons, teles, Widgeons, Malards, Par-  
trich, Woodcock, plouer, bitture, curlew,  
Heronsew, Heson rost, great birdes snite,  
felofares, thrushes, fruiters, chevits, beefe  
with sauce, geloper rost, with sauce pogill,  
and other baked meates as is aforesayde:  
and if yee carue afoze your Lord or your  
Lady any sodden fleshe, carue away the  
skinne aboue, than carue reasonably of the  
flesh for your Lord and Lady, and specially  
for Ladies, for they will soone bee angry,  
for theyr thoughts be soone changed, and  
some Lordes will be soone pleased, and  
some not, as they be of complexion. The  
Goose and Swan may bee cut as yee doe  
other foules that haue whole feete, or  
else as your Lord or your Lady wyll haue  
it.

Also a Swan with chadron, Capon or  
Fesant, ought to be arayed, as it is afoze-  
sayde, but the skinne must bee had away  
and when they beene carued before  
your

## The booke

your Lorde or your ladie, for generally the skin of all maner whole footed foules that haue their liuing on the water their skins be wholsome and cleane, for by cleanes of water, and fish is their liuing, and if they eat any stinking thing, it is made so clean with the water that all the corruption is cleane gon away from it.

And the skinne of a capon, henne, or chicken be not so cleane, for they eat foule thinges in the streete, and therefore the skins be not so wholsome, for it is not their kinde to enter into the Riuer, to make theyr meate voyde of the filth. Gallarde, Goose or Swan, they eat vpon the lande foule meate, but anon after their kinde they go to the riuer, and there they clense them of their foule stinke. A feland as it is a faweslaide, but the skin is not wholesome, than take the heades of all fielde birdes, and wood birds, as feland, Decocke, Partrich woodcock, curlew, for they eat in theyr degree, foule thinges, as wormes, toades and other such.

Thus endeth the feasts and caruing of  
flesh,

And



of Caruing.  
And heere beginneth the  
sewing of fish.

The first course.

To goe to the wing of fishe, muscalade,  
meneus in selw of porpas or of salmon,  
baken hering with suger, greene fish, pike  
Lampze, salens, purpos roasted, bake gur-  
nard, and lampze bake.

The second course.

Gelly white and red, dates in confects,  
congre, salmon, dozey, byt, turbut, halibut  
for standard, bask trout, mullet, cheuin,  
sele, eles and lampzey rost, tench in gelly.

The third course.

Fresh sturghion, breeme, pearch in gel-  
ly, a toule of salmon, sturghion, Welks,  
apples, and pearres roasted with suger can-  
dy. Figs of malike and raisons, dates capt  
with minced ginger, wafers and spoeras  
they be agreeable, this feast is doon, boyde  
ye the table.

Heere endeth the sewing of Fish, and heere  
followeth caruing of fish.

The caruer of fish, must see to peaso and  
sarmenty, the taylor and the liuer, ye must  
looke

## The booke

looke if there be a salt purpose or sele fur-  
rentine, and doe after the form of Menison,  
baken Hering, and lay it whole vpon your  
soueraignes trencher, white hering in a  
dish, open it by the back, pick out the bones  
and the rowe, and see there be mustarde.  
Of salt fish, greene fish, salt Salmon, and  
cunger, pare away the skin, salt fish, stock-  
fish, Harling, Backrell, and Hake with  
butter, take away the bones and the  
skinner: a pike lay the wombe vpon his  
trencher, with pike sauce enongh, a salte  
lamprey gobon is in bit. or eight peeces,  
and lay it to your soueraigne : a place put  
out the water, then crosse him with your  
knife, cast on salt, wine or ale. Gurnard  
rochet, bream, cheuin, base melet, roch,  
pearch, soll, macrell, whiting, haddocke,  
and codling, raise them by the backe, and  
pick out the bones and clense the refet in  
that belly, Carpe, bream, sol and troute,  
back and belly together, Salmon, conger,  
sturgeon, turbut, thirbol, thornbach, bound  
fish, and halibut, cut them in the dishes the  
porpos about, tenche in his sauce cut two  
els & lampreys rost, pull of the skin, pyke  
out the bones, put thereto Vineger and  
powder:



### of Caruing

powder a Crab breake him asunder in a  
dishe, and make that shell cleane and in  
the stufte againe, temper it with vinegar  
and powder them couer it with bread, and  
send into the kitchen to heate, then set it to  
your soueraigne and lay them in a dish : a  
creuis dight him thus, depart him asunder  
and slit the belly and take out the fish, pare  
away the red skin, and mince it thin, put  
vineger in the dish and sette it on the table  
wit'out eating : a ioule of sturgeon, cut it  
in thinne morsels, and lay it round about  
the dish.

Fresh lamprey bake open the pastie,  
than take white breade, and cutte it thin,  
and lay it in a dish, and with a spoone take  
out galentine and lay it vpon the breade,  
with red wine, and powder of sinamon, tha  
cut gobon of the lamprey, & mince the go-  
bon thin, & lay it in the galentine, than set  
it vpon the fire to heate, fresh hering with  
salt and wine, shrimps well picked, floun-  
ders, gogines, menewes, & muscles, eels, &  
lampreys, sports is good in sew. Goshwade  
in wortes, oysters in sew, oysters in gravy,  
menewes in porpas, salmond in seale gellie  
white and red cream of almonds, dates in  
confects

## of Caruing.

confects, Peares and quinces in sirroppe,  
with parcely roots, moztus of houndefish  
raise standing.

Heere endeth the caruing of fish,

And here beginneth sauces  
for all fish.

Mustard is good for salt hering, salt fish  
salt conger, salmon, sparling, salt ele, and  
ling, vineger is good with salt Purpos,  
urrentine, salt sturgeon salt thzilpole and  
salt whale, lamprey with gallantine, ver-  
gis to roche, dace, breme, molet, bace, flou-  
ders, salt crab and cheuin, with powder of  
sinamon to thorneback, hering, houndfish,  
haddock, whiting and cod, vineger, powder  
of sinamon and ginger, green sauce is good  
with greene fish and halibut, cottell and  
fresh turbut, put not your greene sauce a-  
way, for it is good with mustard.

Heere endeth all maner of sauces for fish ac-  
cording to their appetite.

## The chamberlaine

The Chamberlaine must be diligent &  
cleanly in his office, with his head kem-  
bed, and so to his soueraigne, that he be not  
retchles, and see that he haue a clean swir-  
beck,



### of Caruing

bzech, petticote and doublet, than bzuſh his  
hosen within and without, & ſee his ſhone  
and his ſlippers bee cleane, and at mozne  
when your ſoueraigne will ariſe, warme  
his ſhirt by the fire, and ſee yee haue a ſote  
ſheet made in this maner. Firſt ſet a chair  
by the fire with a cuſhion, another vnder  
his feet, than ſpread a ſheet ouer the chair,  
and ſee there bee readie a kerchiefe and a  
combe, than warme his petticote his dub-  
let and his ſtomacher, and than put on hys  
doublet and his ſtomacher, and than put on  
his hosen and ſhone or ſlippers, than ſtrike  
vp his hosen mannerlie, and tie them vp,  
than lace his doublet hole by hole, and lay  
a cloth vpon his necke and head, than look  
ye haue a baſin and an ewer with warme  
water, & a towell to waſh his hands than  
knele vpon your knee, & aſk your ſoueraign  
what robe he wil weare, & bring him ſuch  
as hee commandeth, and put it vpon him,  
and take your leaue manerlie, and goe to  
the Church or Chappel to your ſoueraignes  
Cloſet, and Carpets, and Cuſhions, and  
lay downe his booke of prayers, than  
draue the Curtaines, and take your  
leaue goodly, and goe to your ſoueraignes  
chamber

## The booke

chamber, and cast all the clothes of the bed, and make the feather bed, and the bolster, but looke yee washe no feathers, then the blankets, and see the sheetes bee faire and swete, or els looke yee haue cleene sheetes, than lay the head sheet and the pillows, than take vp the towell and the basin, & lay carpets about the bed or in windowes and cupboards layd with quilshins: also looke there bee a good fire burning bright, and see if the house of easement bee swete and cleane, and the princy boord couered with greene cloth and a Quilshin, then see there bee blanket, Doune or cotton for your soueraigne, and looke yee haue a Basin or a ewer with water, and a towel for your soueraigne, than take off his gown, and bring him a mantell to keepe him from colde, than bring him to the fire, and take off his shoue and his hosen, the take a faire kerchief of reines, and kembe his head, and put on his kercheife and his bonet, than spyed downe his bed, lay the head sheet and the pillows, and when your soueraigne is to bed, draw the curtaines then see there be moxer or ware, or perchours ready, than drive out dog or cat, and looke there be basins



## Of Caruing

Ans and byrinal set nere your soueraigne,  
than take your leaue mannerly, that your  
soueraigne may take his rest merrily.

Heere endeth of the Chamberlaine.

Heere followeth of the Marshall  
and the vsher.

The Marshall and the Vsher must know  
all the estates of the land, and the high es-  
tate of a King, with the blood royall.

The estate of a King.

The estate of a Kings sonne, a pynce.

The estate of a Duke.

The estate of a Marques.

The estate of an Earle.

The estate of a Bishop.

The estate of a Vicount.

The estate of a Baron.

The estate of the thre chiefe Judges and  
the Maior of London.

The estate of a knight bachelor.

The estate of a knight, Deane, Archdea-  
con.

The estate of the master of the Kols.

The estate of other Justices, and Barons  
of Cheker.

The estate of the Maior of Callice.

The estate of a Doctor Deuine.

## The booke

The estate of a Doctor of both the Lawes.  
The estate of him that hath bin Maior of  
London, and sergeant of the Law.

The estate of a maister of the chancery, &  
other worshipfull preachers and clarkes  
that be granduable, and al other orders of  
chast persons and priests, worshipful mar-  
chants, and gentlemen, all these may sit at  
the squires table.

A Duke may not keep the hal, but each  
estate by them selfe in chamber or in pa-  
uilion, that neither see other, marques,  
Erles, Bishops and bicaunts, al these may  
sit at a messe: a baron and the Maior of  
London, and three chiefe Judges, and the  
speaker of the Parliament, all these may  
sit two or three at a messe: and all other  
states may sit three or foure at a messe: al-  
so the Marshall must vnderstand & knowe  
the bloode royall, for some Lozde is of the  
blood royall, and of small lynelyhood: and  
some knight is wedded vnto a Lady of rei-  
all blood, she shall keep the estate of her  
Hozds blood, and therefore the royall blood  
shall haue the reuerence as I haue shewed  
you befoze: also a Marshall muste take  
heede of the birth, and next of the line of  
the blood royall: Also hee must take heede  
of



## of Caruing.

of the Kings officers of the chanceler, Steward, Chamberlaine, Treasurer, & comptroller.

Also the Marshall must take heed vnto strangers and put them to worship and reuerence, for if they haue good cheere it is your Soueraines honoz. Also a Marshall must take heede if the King send your Soueraine any message, & if he send a knight receiue him as a Baron, and if he sende a Peoman, receiue him as a squire, and if he send a groome receiue him as a Poman. Also it is no rebuke to a knight, to sette a groome of the Kings at his table.

Heere endeth the book of Caruing.

Heere followeth how to make Marchpaine and Ipocras.

How to make good Marchpaine.

**F**irst take a possid of long small almonde and blanch them in cold water, and drye the as possible as you can, then grinde them small, and put no licour to them but as you must needes, to keepe them from eyling, and that licour that you put in, muste bee rose water, in manner as you shall think good but wet your pestell therin, when ye haue beaten them fine, take halfe a pounce /

## The booke.

suger and moze, and see that it bee beaten small in ponder, it must be fine, then put it to your almonds, and beat them together, when they bee beaten, take your wafers and cut them compasse rounde, and of the bignes you will haue your Marchpane, and then as soone as yee can after the tempering of your stuffe, let it bee put in your past, and strike it abroad with a flat sticke as euén as ye can, and pinch the very staff as it were an edge bet vpon, and then put a paper vnder it, and set it vpon a faire board and lay a latín basin ouer it, the bottome vpward, and then lay burning coales vpon the bottome of the basin: to see how it baketh, if it happen to bzen too fast in some place folde papers as broad as the place is, and lay it vpon that place, and thus with attending ye shall bake it a little moze then a quarter of an houre, and when it is well baked, put on your golde and biscuits, and stick in confts, and so you shall make a good Marchpaine. Or euer that you bake it, you muste caste on it fine suger and rose water, that will make it look like Ice.



## of Caruing.

### To make marchpane.

Take halfe a pounce of blanched Almonds, and of white Sugar a quarter of a pound, of Rose water half an ounce, and of Damaske water as much, beat the almonds with a little of the same water, and grind them till they be small, set them on a few coales of fire, till they wax thicke, then beat them againe with the suger fine: then mix the sweet waters and them together, and so gather the and fashion your marchpane: then take Wafer cakes of the broadest making, cut them square, paste them together with a litle liquoꝝ, and when you haue made them as broad as will serue your purpose, haue ready made a hoope of a green hasel wand of the thickness of half an inche on the inner side smooth, and on the outward side round and smooth without any knags: lay this hoope vpon your wafer cakes aforesaid, and then fill your hoop with the geare aboue named, & thickness of the hoope: the same burn smooth aboue, with the back of a silver spoone, as yee doe a tart, & cut away all the parts of the cakes, euen close by the outside of the hoope with a sharpe knife, that it may bee round: then hauing white paper vnderneath

## The booke

neath it, set it vpon a warme harth or vpon an instrument of iron and brasse, made for the same purpose, or into an ouen after the bread is taken out so it be not stopped, it may not bake but onely bee harde and thorough dyled: & ye may while it is moist, stick it full of cumfets of sundry colours in comely order, yee must moist it ouer with rosewater and Sugar togeather, make it smooth, and so set it in the ouen or other instrument, the clearer it is like Lantarne hoene, so much the more commended. If it be thorough dyled and kept in a warm and drie aire, a marchpane will last many yeares. It is a comfortable meat for weak folkes, such as haue lost the tast of meates by much and long sickness: the greatest secret that is in making of this cleare, is with a little fine flower of rice, rosewater and suger beaten together, and laid thin ouer the marchpane, ere it go to dlying: this will make it shine like Ice, and ladies report.

### To make Ipocras.

Take a gallon of wine, and an ounce of cinamō two ounces of ginger, and a pound of sugar, twentie cloves brused, and twenty corns of pepper grosse beaten, and let all those



## Of Caruing

those soke one night, and let it run thzough  
a bag.

## To make Ipocras

Take of chosen sinamon two ounces, of  
fine ginger, one ounce of graines, halfe an  
ounce, bzuise them all, and steepe them in  
thze or foure pints of good odifferous wine  
with a pound of suger, by the space of foure  
and twenty houres, than put them into an  
Ipocras bag of woollen, and so receiue the  
liquor. The readiest and best way is, to  
put the spices with the half pound of suger,  
and the wine into a bottell, or a stone pot  
stopped close, & after twenty foure houres  
it will bee readie, than cast a thin linnen  
cloth, and a peece of a boulder cloth in the  
mouth, and let it so much runne thzough  
as yee will occupye at once, and keepe the  
bessell close, for it will so well keepe  
both the spzite, odour, and ver-  
tue of the wine, and  
also spices.

FINIS.